



AUTUMN WINTER 2021

MENU WEEK 1

WEEK COMMENCING

13 Sept, 4 Oct, 25 Oct,
15 Nov, 6 Dec, 27 Dec



MONDAY



Margherita pizza
& roast potatoes
crunchy vegetables

Milk Gluten

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad & coleslaw

Milk Egg Fish

DESSERT



Spiced carrot cake
& custard

Egg Milk Gluten Sulphur Dioxide

OR Fruit salad



TUESDAY



Porkies in gravy
mashed potatoes
carrots & cauliflower

Soya Gluten

OR



Malted wheat baguette with
cheese, ham or tuna
mayonnaise
mixed salad

Milk Gluten Fish Egg Sesame

DESSERT



Fruit in jelly

OR Fruit salad



WEDNESDAY



Mediterranean tagliatelle
crusty bread
carrot & cucumber sticks

Milk Gluten Sesame

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad

Milk Egg Fish

DESSERT



Crispy jam tart
& custard

Milk Gluten Sulphur Dioxide

OR Fruit salad



THURSDAY



Roast beef & gravy
Yorkshire pudding, roast
potatoes, carrot & swede
mash & cabbage

Milk Egg Gluten

OR



Jacket potatoes with cheese,
beans or tuna carrot &
cucumber stick

Milk Egg Fish

DESSERT



Honey & oatmeal cookie

Gluten

OR Fruit salad



FRIDAY



MSC fish fingers, tomato
ketchup, diced potatoes
peas & sweetcorn

Gluten Fish

OR



Tortilla wrap with cheese
salad, ham salad or tuna
mayonnaise, diced potatoes
& mixed salad

Milk Egg Gluten Fish

DESSERT



Pears with hot chocolate
sauce & shortbread finger

Milk Gluten

OR Fruit salad



AVAILABLE DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request



AUTUMN WINTER 2021

MENU WEEK 2

WEEK COMMENCING

1 Sept, 20 Sept, 11 Oct,
1 Nov, 22 Nov, 13 Dec



MONDAY



Pasta Neapolitan
crusty bread
sweetcorn & coleslaw

Gluten Milk Sulphur Dioxide Sesame Egg

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad & coleslaw

Milk Egg Fish

DESSERT



Fruit flapjack

Gluten

OR Fruit salad



TUESDAY



Cheesy topped cottage pie
& gravy
carrots & cabbage

Milk Fish

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad & coleslaw

Milk Egg Fish

DESSERT



Butterscotch tart

Milk Gluten

OR Fruit salad



WEDNESDAY



BBQ turkey wrap
seasoned wedges
coleslaw & cucumber sticks

Egg Gluten

OR



Meatball Marinara sub roll
carrot & cucumber sticks

Milk Gluten

DESSERT



Ginger sponge
& custard

Egg Milk Gluten

OR Fruit salad



THURSDAY



Roast turkey & gravy
Yorkshire pudding, roast
potatoes, carrots & honey
roast parsnips

Milk Egg Gluten

OR



Tortilla wrap with cheese
salad, ham salad or tuna
mayonnaise, carrot &
cucumber sticks

Milk Egg Gluten Fish

DESSERT



Frozen yogurt
& raspberry puree

Milk

OR Fruit salad



FRIDAY



MSC Fish portion
tomato ketchup, oven chips
peas & sweetcorn

Gluten Fish

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad & coleslaw

Milk Egg Fish

DESSERT



Chocolate & orange muffin

Egg Gluten

OR Fruit salad





AUTUMN WINTER 2021

MENU WEEK 3

WEEK COMMENCING

6 Sept, 27 Sept, 18 Oct,
8 Nov, 29 Nov, 20 Dec



MONDAY



Quorn dippers
diced potatoes
sweetcorn
& coleslaw

Milk Egg Gluten

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad

Milk Egg Fish

DESSERT



Apple & plum crumble
& custard

Milk Gluten

OR Fruit salad



TUESDAY



Nottinghamshire sausages,
gravy, Yorkshire pudding
mashed potatoes,
honey roast parsnips &
sliced carrots

Gluten Sulphur Dioxide Milk Egg

OR



Malted wheat baguette
with cheese, ham or tuna
mayonnaise mixed salad

Gluten Milk Egg Fish Sesame

DESSERT



Rice pudding & jam

Milk Sulphur Dioxide

OR Fruit salad



WEDNESDAY



Cheesy tomato pasta
crusty bread
mixed salad & coleslaw

Milk Gluten Sesame Egg

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad

Milk Egg Fish

DESSERT



Fruit yoghurt

Milk

OR Fruit salad



THURSDAY



Roast pork, stuffing & gravy
Yorkshire pudding
roast potatoes
cabbage,
carrot & swede mash

Milk Egg Gluten

OR



Ham & cheese hot sub roll
carrot & cucumber sticks

Milk Gluten

DESSERT



Chocolate brownie

Gluten

OR Fruit salad



FRIDAY



MSC fish cake,
tomato ketchup,
roast new potatoes
garden peas
& sweetcorn

Gluten Fish

OR



Tortilla wrap with cheese
salad, ham salad or tuna
mayonnaise, carrot &
cucumber sticks

Milk Egg Gluten Fish

DESSERT



Cornflake tart
& Custard

Milk Gluten Sulphur Dioxide

OR Fruit salad



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