

WINTER 2021/22

## MENU WEEK 1

WEEK COMMENCING

17 January, 7 February,  
20 February, 21 March



### FIRST COURSE

### SECOND COURSE

MONDAY

Margherita pizza  
& roast potatoes  
crunchy vegetables

Milk Gluten



Spiced carrot cake  
& custard  
**OR**  
Fruit

Egg Milk Gluten Sulphur Dioxide



TUESDAY

Porkies in gravy  
mashed potatoes  
carrots & cauliflower

Soya Gluten



Fruit in jelly  
**OR**  
Fruit



WEDNESDAY

Mediterranean tagliatelle  
crusty bread  
carrot & cucumber sticks

Milk Gluten Sesame



Crispy jam tart  
& custard  
**OR**  
Fruit

Milk Gluten Sulphur Dioxide



THURSDAY

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

Milk Egg Gluten



Honey & oatmeal cookie  
**OR**  
Fruit

Gluten



FRIDAY

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

Gluten Fish



Pears with hot chocolate sauce  
& shortbread finger  
**OR**  
Fruit

Milk Gluten



**SERVED DAILY** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served

Vegetarian meals can be  
made available upon request

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## MENU WEEK 2

WEEK COMMENCING

3 January, 24 January  
14 February, 7 March  
28 March



### FIRST COURSE

### SECOND COURSE

MONDAY

Pasta Neapolitan  
crusty bread  
sweetcorn  
& coleslaw

Gluten Milk Sulphur Dioxide Sesame Egg



Fruit flapjack  
OR  
Fruit

Gluten



TUESDAY

Cheesy topped cottage pie  
& gravy  
carrots & cabbage

Milk Fish



Butterscotch tart  
OR  
Fruit

Milk Gluten



WEDNESDAY

BBQ turkey wrap  
seasoned wedges  
coleslaw  
& cucumber sticks

Gluten Egg



Ginger sponge  
& custard  
OR  
Fruit

Milk Egg Gluten



THURSDAY

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

Milk Egg Gluten



Frozen yogurt  
& raspberry puree  
OR  
Fruit

Milk



FRIDAY

MSC Fish portion  
tomato ketchup,  
oven chips  
peas & sweetcorn

Gluten Fish



Chocolate & orange muffin  
OR  
Fruit

Egg Gluten



**SERVED DAILY** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served

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## MENU WEEK 3

WEEK COMMENCING

10 January, 31 January

21 February, 14 March



### FIRST COURSE

### SECOND COURSE

MONDAY

Quorn dippers  
diced potatoes  
sweetcorn  
& coleslaw

Milk Egg Gluten



Apple & plum crumble  
& custard  
**OR**  
Fruit

Milk Gluten



TUESDAY

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

Gluten Sulphur Dioxide Milk Egg



Rice pudding & jam  
**OR**  
Fruit

Milk Sulphur Dioxide



WEDNESDAY

Cheesy tomato pasta  
crusty bread  
mixed salad  
& coleslaw

Milk Gluten Sesame Egg



Fruit yoghurt  
**OR**  
Fruit

Milk



THURSDAY

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

Milk Egg Gluten



Chocolate brownie  
**OR**  
Fruit

Gluten



FRIDAY

MSC fish cake,  
tomato ketchup,  
jacket wedges  
garden peas & sweetcorn

Fish Gluten



Cornflake tart  
& Custard  
**OR**  
Fruit

Milk Gluten Sulphur Dioxide



**SERVED DAILY** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served

Vegetarian meals can be  
made available upon request