



AUTUMN WINTER 2021

## MENU WEEK 1

WEEK COMMENCING

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



### FIRST COURSE

### SECOND COURSE

MONDAY

Margherita pizza **Milk** **Gluten**  
& roast potatoes  
crunchy vegetables

**OR**

Jacket potato with baked beans,  
cheese **Milk** or tuna mayo **Egg** **Fish**  
mixed salad



Spiced carrot cake  
**Egg** **Gluten** Sulphur Dioxide  
& custard **Milk**

**OR**  
Fruit



TUESDAY

Porkies in gravy **Soya** **Gluten**  
mashed potatoes  
carrots & cauliflower

**OR**

Jacket potato with baked beans,  
cheese **Milk** or tuna mayo **Egg** **Fish**  
mixed salad



Fruit in jelly  
**OR**  
Fruit



WEDNESDAY

Mediterranean tagliatelle **Milk** **Gluten**  
crusty bread **Gluten** **Sesame**  
carrot & cucumber sticks

**OR**

Jacket potato with baked beans,  
cheese **Milk** or tuna mayo **Egg** **Fish**  
mixed salad



Crispy jam tart  
**Gluten** Sulphur Dioxide  
& custard **Milk**

**OR**  
Fruit



THURSDAY

Roast beef & gravy  
Yorkshire pudding **Milk** **Egg** **Gluten**  
roast potatoes,  
carrot & swede mash & cabbage

**OR**

Jacket potato with baked beans, cheese **Milk**  
or tuna mayo **Egg** **Fish** & mixed salad



Honey & oatmeal  
cookie **Gluten**  
**OR**  
Fruit



FRIDAY

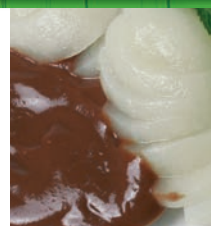
MSC fish fingers **Gluten** **Fish**  
tomato ketchup, diced potatoes  
peas & sweetcorn

**OR**

Jacket potato with baked beans,  
cheese **Milk** or tuna mayo **Egg** **Fish**  
mixed salad



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



**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





AUTUMN WINTER 2021

## MENU WEEK 2

WEEK COMMENCING

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



### FIRST COURSE

### SECOND COURSE

MONDAY

Pasta Neapolitan **Gluten** **Milk** Sulphur Dioxide  
crusty bread **Gluten** Sesame  
sweetcorn  
& coleslaw **Egg**  
**OR**  
Jacket potato with baked beans, cheese **Milk**  
or tuna mayo **Egg** Fish & mixed salad



Fruit flapjack **Gluten**  
**OR**  
Fruit



TUESDAY

Cheesy topped cottage pie **Milk** Fish  
& gravy  
carrots & cabbage  
**OR**  
Jacket potato with baked beans,  
cheese **Milk** or tuna mayo **Egg** Fish  
mixed salad



Butterscotch tart **Milk**  
**Gluten**  
**OR**  
Fruit



WEDNESDAY

BBQ turkey wrap **Gluten**  
seasoned wedges  
coleslaw **Egg**  
& cucumber sticks  
**OR**  
Jacket potato with baked beans, cheese **Milk**  
or tuna mayo **Egg** Fish & mixed salad



Ginger sponge **Egg**  
**Gluten**  
& custard **Milk**  
**OR**  
Fruit



THURSDAY

Roast gammon & gravy  
Yorkshire pudding **Milk** **Egg** **Gluten**  
roast potatoes,  
carrots & honey roast parsnips  
**OR**  
Jacket potato with baked beans, cheese **Milk**  
or tuna mayo **Egg** Fish & mixed salad



Frozen yogurt **Milk**  
& raspberry puree  
**OR**  
Fruit



FRIDAY

MSC Fish portion **Fish** **Gluten**  
tomato ketchup,  
oven chips  
peas & sweetcorn  
**OR**  
Jacket potato with baked beans, cheese **Milk**  
or tuna mayo **Egg** Fish & mixed salad



Chocolate & orange  
muffin  
**Gluten** **Egg**  
**OR**  
Fruit



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

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AUTUMN WINTER 2021

## MENU WEEK 3

WEEK COMMENCING

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



### FIRST COURSE

### SECOND COURSE

MONDAY

Quorn dippers **Milk Egg Gluten**  
diced potatoes  
sweetcorn  
& coleslaw **Egg**

**OR**

Jacket potato with baked beans, cheese **Milk**  
or tuna mayo **Egg Fish** & mixed salad



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



TUESDAY

Nottinghamshire sausages **Gluten Sulphur Dioxide**  
gravy, Yorkshire pudding **Gluten Milk Egg**  
mashed potatoes, honey roast parsnips  
& sliced carrots

**OR**

Jacket potato with baked beans, cheese **Milk**  
or tuna mayo **Egg Fish** & mixed salad



Rice pudding & jam  
**Milk Sulphur Dioxide**  
**OR**  
Fruit



WEDNESDAY

Cheesy tomato pasta **Milk Gluten**  
crusty bread **Gluten Sesame**  
mixed salad  
& coleslaw **Egg**

**OR**

Jacket potato with baked beans, cheese **Milk**  
or tuna mayo **Egg Fish** & mixed salad



Fruit yoghurt **Milk**  
**OR**  
Fruit



THURSDAY

Roast gammon, stuffing & gravy **Gluten**  
Yorkshire pudding **Milk Egg Gluten**  
roast potatoes, cabbage  
carrot & swede mash

**OR**

Jacket potato with baked beans, cheese **Milk**  
or tuna mayo **Egg Fish** & mixed salad



Chocolate brownie  
**Gluten**  
**OR**  
Fruit



FRIDAY

MSC fish fingers **Fish Gluten**  
tomato ketchup,  
jacket wedges  
garden peas & sweetcorn

**OR**

Jacket potato with baked beans, cheese **Milk**  
or tuna mayo **Egg Fish** & mixed salad



Cornflake tart **Gluten**  
**Sulphur Dioxide**  
& Custard **Milk**  
**OR**  
Fruit



**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