



**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



Spiced carrot cake  
& custard  
**OR**  
Fruit



**Egg Milk Gluten Sulphur Dioxide**

**TUESDAY**

Porkies in gravy **Soya Gluten**  
**VEGETARIAN OPTION**  
Vegeballs in gravy **Soya Gluten**  
mashed potatoes  
carrots & cauliflower



Fruit in jelly  
**OR**  
Fruit



**WEDNESDAY**

Mediterranean tagliatelle **Milk Gluten**  
**VEGETARIAN OPTION**  
Mediterranean tagliatelle (without chicken)  
**Milk Gluten**  
crusty bread **Gluten Sesame**  
carrot & cucumber sticks



Crispy jam tart  
& custard  
**OR**  
Fruit



**Milk Gluten Sulphur Dioxide**

**THURSDAY**

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



Honey & oatmeal cookie  
**OR**  
Fruit



**Gluten**

**FRIDAY**

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



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



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**



Fruit flapjack  
**OR**  
Fruit

**Gluten**



TUESDAY

Cheesy topped cottage pie & gravy **Milk Fish**  
**VEGETARIAN OPTION**  
Cheesy Quorn cottage pie **Milk Egg**  
carrots  
& cabbage



Butterscotch tart  
**OR**  
Fruit

**Milk Gluten**



WEDNESDAY

BBQ turkey wrap **Gluten**  
**VEGETARIAN OPTION**  
BBQ Quorn wrap **Gluten Egg**  
seasoned wedges  
coleslaw **Egg**  
& cucumber sticks



Ginger sponge  
& custard  
**OR**  
Fruit

**Milk Egg Gluten**



THURSDAY

Roast gammon & gravy  
**VEGETARIAN OPTION**  
Roast Quorn & gravy **Milk Egg**  
Yorkshire pudding, **Milk Egg Gluten**  
roast potatoes,  
carrots & honey roast parsnips



Frozen yogurt  
& raspberry puree  
**OR**  
Fruit

**Milk**



FRIDAY

MSC Fish portion **Gluten Fish**  
**VEGETARIAN OPTION**  
Fisless fingers, **Gluten**  
tomato ketchup,  
oven chips  
peas & sweetcorn



Chocolate & orange muffin  
**OR**  
Fruit

**Egg 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





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**



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

**Milk Gluten**



TUESDAY

Nottinghamshire sausages, gravy,  
**Gluten Sulphur Dioxide**  
**VEGETARIAN OPTION**  
Plant based sausage **Soya Sulphur Dioxide**  
Yorkshire pudding **Milk Egg Gluten**  
mashed potatoes, honey roast parsnips  
& sliced carrots



Rice pudding & jam  
**OR**  
Fruit

**Milk Sulphur Dioxide**



WEDNESDAY

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



Fruit yoghurt  
**OR**  
Fruit

**Milk**



THURSDAY

Roast pork, stuffing & gravy **Gluten**  
**VEGETARIAN OPTION**  
Roast Quorn, stuffing & gravy **Milk Egg Gluten**  
Yorkshire pudding **Milk Egg Gluten**  
roast potatoes, cabbage  
carrot & swede mash



Chocolate brownie  
**OR**  
Fruit

**Gluten**



FRIDAY

MSC fish cake **Fish Gluten,**  
**VEGETARIAN OPTION**  
Fisless fingers, **Gluten**  
tomato ketchup,  
jacket wedges  
garden peas & sweetcorn



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