AUTUMN WINTER 2021

MENU WEEK I

WEEK COMMENCING

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







FIRST COURSE

Margherita pizza Milk Gluten & roast potatoes crunchy vegetables



SECOND COURSE

Spiced carrot cake & custard OR Fruit

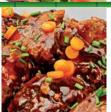
Egg Milk Gluten Sulphur Dioxide



Porkies in gravy Soya Gluten **VEGETARIAN OPTION**

Vegeballs in gravy Soya Gluten

mashed potatoes carrots & cauliflower



Fruit in jelly

OR Fruit



Mediterranean tagliatelle Milk Gluten

VEGETARIAN OPTION

Mediterranean tagliatelle (without chicken) Milk Gluten

crusty bread Gluten Sesame carrot & cucumber sticks



Crispy jam tart

& custard

Fruit



Roast beef & gravu **VEGETARIAN OPTION**

Roast Quorn Milk Egg

Yorkshire pudding, Milk Egg Gluten roast potatoes, carrot & swede mash

& cabbage



Honey & oatmeal cookie

Milk Gluten Sulphur Dioxide

Fruit



MSC fi sh fi ngers, Gluten Fish **VEGETARIAN OPTION**

Fishless fingers, Gluten

tomato ketchup, diced potatoes peas & sweetcorn



Pears with hot chocolate sauce & shortbread finger

Fruit

Milk Gluten





MENU WEEK 2

WEEK COMMENCING

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







FIRST COURSE

Pasta Neapolitan Gluten Milk Sulphur Dioxide crusty bread Gluten Sesame sweetcorn & coleslaw Egg



Fruit flapjack OR Fruit

SECOND COURSE



Cheesy topped cottage pie & gravy Milk Fish **VEGETARIAN OPTION**

Cheesy Quorn cottage pie Milk Egg

carrots & cabbage



Butterscotch tart

Fruit

Milk Gluten

Gluten



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



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

Fruit



MSC Fish portion Gluten Fish **VEGETARIAN OPTION**

Fisless fingers, Gluten

tomato ketchup, oven chips peas & sweetcorn



Chocolate & orange muffin

Fruit



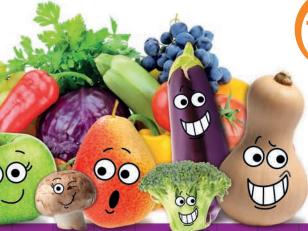
Egg Gluten



MENU WEEK 3

WEEK COMMENCING

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







FIRST COURSE

Quorn dippers Milk Egg Gluten diced potatoes sweetcorn & coleslaw Egg



SECOND COURSE

Apple & plum crumble & custard OR Fruit



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

Milk Gluten

Fruit



Milk Sulphur Dioxide

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



Fruit yoghurt

Fruit



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

Milk

Fruit





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

