



WINTER 2021/22

## MENU WEEK 1

WEEK COMMENCING

17 January, 7 February,  
20 February, 21 March



### 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

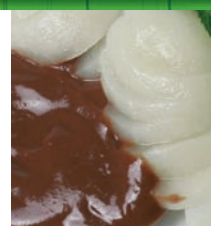
MSC fish fingers **Gluten Fish**  
tomato ketchup, diced potatoes  
peas & sweetcorn

**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





WINTER 2021/22

## MENU WEEK 2

WEEK COMMENCING

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



### FIRST COURSE

### SECOND COURSE

MONDAY

Pasta Neapolitan **Gluten Milk Sulphur Dioxide**  
crusty bread **Glute 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  
& cucumber sticks **Egg**  
**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

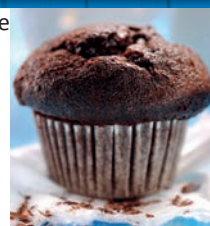


FRIDAY

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  
**OR**  
Fruit



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## MENU WEEK 3

WEEK COMMENCING

10 January, 31 January

21 February, 14 March



### 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 pork, 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 cake **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

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