



AUTUMN WINTER 2021

MENU WEEK 1

WEEK COMMENCING

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



MONDAY



Margherita pizza
& roast potatoes
crunchy vegetables

Milk Gluten

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad & coleslaw

Milk Egg Fish

DESSERT



Spiced carrot cake
& custard

Egg Milk Gluten Sulphur Dioxide

OR Fruit salad



TUESDAY



Porkies in gravy
mashed potatoes
carrots & cauliflower

Soya Gluten

OR



BBQ chicken tortilla wrap
pommes noisette
mixed salad

Milk Gluten

DESSERT



Fruit in jelly

OR Fruit salad



WEDNESDAY



Mediterranean tagiatelle
crusty bread
carrot & cucumber sticks

Milk Gluten Sesame

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad

Milk Egg Fish

DESSERT



Crispy jam tart
& custard

Milk Gluten Sulphur Dioxide

OR Fruit salad



THURSDAY



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

Milk Egg Gluten

OR



Meatball Marinara sub roll
carrot & cucumber sticks

Milk Gluten

DESSERT



Honey & oatmeal cookie

Gluten

OR Fruit salad



FRIDAY



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

Gluten Fish

OR



Tortilla wrap with cheese
salad, ham salad or tuna
mayonnaise, diced potatoes
& mixed salad

Milk Egg Gluten Fish

DESSERT



Pears with hot chocolate
sauce & shortbread finger

Milk Gluten

OR Fruit salad



AVAILABLE DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request



AUTUMN WINTER 2021

MENU WEEK 2

WEEK COMMENCING

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



MONDAY



Pasta Neapolitan
crusty bread
sweetcorn & coleslaw

Gluten Milk Sulphur Dioxide Sesame Egg

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad & coleslaw

Milk Egg Fish

DESSERT



Fruit flapjack

Gluten

OR Fruit salad



TUESDAY



Cheesy topped cottage pie
& gravy
carrots & cabbage

Milk Fish

OR



Meatball Marinara sub roll
carrot & cucumber sticks

Milk Gluten

DESSERT



Butterscotch tart

Milk Gluten

OR Fruit salad



WEDNESDAY



BBQ turkey wrap
seasoned wedges
coleslaw & cucumber sticks

Egg Gluten

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad & coleslaw

Milk Egg Fish

DESSERT



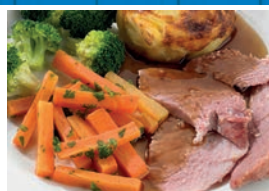
Ginger sponge
& custard

Egg Milk Gluten

OR Fruit salad



THURSDAY



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

Milk Egg Gluten

OR



Tortilla wrap with cheese
salad, ham salad or tuna
mayonnaise, carrot &
cucumber sticks

Milk Egg Gluten Fish

DESSERT



Frozen yogurt
& raspberry puree

Milk

OR Fruit salad



FRIDAY



MSC Fish portion
tomato ketchup, oven chips
peas & sweetcorn

Gluten Fish

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad & coleslaw

Milk Egg Fish

DESSERT



Chocolate & orange muffin

Egg Gluten

OR Fruit salad





AUTUMN WINTER 2021

MENU WEEK 3

WEEK COMMENCING

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



MONDAY



Quorn dippers
diced potatoes
sweetcorn
& coleslaw

Milk Egg Gluten

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad

Milk Egg Fish

DESSERT



Apple & plum crumble
& custard

Milk Gluten

OR Fruit salad



TUESDAY



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

Gluten Sulphur Dioxide Milk Egg

OR



BBQ chicken tortilla wrap
new potatoes
mixed salad

Gluten

DESSERT



Rice pudding & jam

Milk Sulphur Dioxide

OR Fruit salad



WEDNESDAY



Cheesy tomato pasta
crusty bread
mixed salad & coleslaw

Milk Gluten Sesame Egg

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad

Milk Egg Fish

DESSERT



Fruit yoghurt

Milk

OR Fruit salad



THURSDAY



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

Milk Egg Gluten

OR



Ham & cheese hot sub roll
carrot & cucumber sticks

Milk Gluten

DESSERT



Chocolate brownie

Gluten

OR Fruit salad



FRIDAY



MSC fish cake,
tomato ketchup,
roast new potatoes
garden peas
& sweetcorn

Gluten Fish

OR



Tortilla wrap with cheese
salad, ham salad or tuna
mayonnaise, carrot &
cucumber sticks

Milk Egg Gluten Fish

DESSERT



Cornflake tart
& Custard

Milk Gluten Sulphur Dioxide

OR Fruit salad



AVAILABLE DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request