



## WINTER 2021/22

# MENU WEEK 1

### WEEK COMMENCING

17 January, 7 February,  
20 February, 21 March



### 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 tagliatelle  
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



## WINTER 2021/22

# MENU WEEK 2

### WEEK COMMENCING

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



### 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





## WINTER 2021/22

# MENU WEEK 3

### WEEK COMMENCING

10 January, 31 January

21 February, 14 March



### 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

