

**AUTUMN/WINTER
2023/24**

WEEK 1

WEEK COMMENCING

September 18, October 9,
October 30, November 20,
December 11, January 1,
January 22, February 12



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Margherita pizza
pommes noisette
vegetable sticks

Gluten Milk Soya



Mixed berry mousse
& apple wedge
OR
Fruit

Milk



TUESDAY

Spaghetti Bolognese
garlic bread
crunchy vegetables

Gluten Milk Soya Fish



Cornflake tart
& custard
OR
Fruit

Milk Gluten Sulphur Dioxide



WEDNESDAY

Southern style burger
in a bun
jacket wedges
carrot sticks & ranch salad

Gluten Egg Milk Sesame



Fruit flapjack
OR
Fruit

Gluten



THURSDAY

Roast turkey & stuffing
gravy
roast OR mashed potatoes
cabbage & carrots

Gluten



Cheese & crackers
OR
Fruit

Gluten Milk



FRIDAY

MSC fish cake
diced potatoes
garden peas & crunchy veg
tomato ketchup

Gluten Fish



Apple muffin
OR
Fruit

Gluten Egg



ALSO SERVED DAILY: Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily, Coleslaw **Egg** when served.

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WEEK 2

WEEK COMMENCING

September 4, September 25,
October 16, November 6,
November 27, December 18,
January 8, January 29



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Quorn dippers
roast baby potatoes
sweetcorn
cucumber sticks

Gluten



Chocolate sponge
& chocolate sauce
OR
Fruit

Milk Egg Gluten



TUESDAY

Nottinghamshire sausage
gravy, Yorkshire pudding
mashed potato
broccoli & carrots

Egg Gluten Milk Sulphur Dioxide



Jelly & fruit
OR
Fruit



WEDNESDAY

Cheesy tomato pasta
garlic bread
carrot & cucumber sticks

Gluten Milk Soya



Bakewell tart
& custard
OR
Fruit

Egg Gluten Sulphur Dioxide Milk



THURSDAY

Roast pork, stuffing & gravy
Yorkshire pudding
roast OR mashed potato
cabbage & fresh carrots

Milk Egg Gluten



Honey & oatmeal cookie
OR
Fruit

Gluten



FRIDAY

MSC fish finger wrap
Pommes noisette
crunchy veg & sweetcorn
tomato ketchup

Gluten Milk Fish



Strawberry ice-cream tub
OR
Fruit

Milk



ALSO SERVED DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily, Coleslaw Egg when served.

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WEEK 3

WEEK COMMENCING

September 11, October 2,
October 23, November 13
December 4, December 25,
January 15, February 5



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Vegan roll & gravy
baby roast potatoes
garden peas
fresh carrots

Gluten



Chocolate brownie
OR
Fruit

Gluten



TUESDAY

Meatballs in tomato sauce
with pitta bread
Tilda rice
Crunchy vegetables

Gluten Egg Milk Soya



Fruit yoghurt
OR
Fruit

Milk



WEDNESDAY

Pasta Neapolitan
garlic bread
sweetcorn cobette

Milk Gluten Soya



Honey cake
& custard
OR
Fruit

Milk Egg Gluten



THURSDAY

Roast Gammon & gravy
Yorkshire pudding
roast OR mashed potatoes
carrots & broccoli

Milk Egg Gluten



Fruit cookie
OR
Fruit

Gluten



FRIDAY

MSC breaded fish portion
oven chips
garden peas & sweetcorn
tomato ketchup

Gluten Fish



Butterscotch tart
OR
Fruit

Milk Gluten



ALSO SERVED DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily, Coleslaw Egg when served.

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