

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
baked beans &
cucumber sticks

Gluten Milk Soya



Strawberry ice cream
tub
OR
Fruit

Milk



TUESDAY

Pasta Bolognese bake
garlic bread
crunchy vegetables

Gluten Milk Soya Fish



Cornflake tart
& custard
OR
Fruit

Milk Gluten Sulphur Dioxide



WEDNESDAY

Southern style burger in a bun,
diced potatoes
carrot sticks & sweetcorn

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 fingers
chips
garden peas & crunchy veg
tomato ketchup

Gluten Fish



Fruit yoghurt
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 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
pommes noisette
sweetcorn cucumber sticks

Gluten



Jam sponge &
custard
OR
Fruit

Milk Egg Gluten



TUESDAY

Nottinghamshire sausage
gravy, Yorkshire pudding
mashed potato
peas & carrots

Egg Gluten Milk Sulphur Dioxide



Jelly & fruit
OR
Fruit



WEDNESDAY

Cheesy tomato pasta
garlic bread
carrot & cucumber sticks

Gluten Milk Soya



Fruit flapjack
OR
Fruit

Gluten



THURSDAY

Roast gammon & gravy
Yorkshire pudding
roast OR mashed potato
peas & fresh carrots

Milk Egg Gluten



Honey & oatmeal cookie
OR
Fruit

Gluten



FRIDAY

MSC fish finger wrap
Pommes noisette
peas & 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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**AUTUMN/WINTER
2023/24**

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
pommes noisette
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



Fruit flapjack
OR
Fruit

Gluten



THURSDAY

Nottinghamshire sausage
& gravy Yorkshire pudding
roast OR mashed potato
escarrots & peas

Milk Egg Gluten Sulphur dioxide



Butterscotch tart
OR
Fruit

Gluten Milk



FRIDAY

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

Gluten Fish



Fruit cookie
OR
Fruit

Gluten



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

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