

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 **Gluten Milk Soya**
pommes noisette **Milk**
vegetable sticks

OR

Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Mixed berry mousse
Milk
& apple wedge
OR
Fruit



TUESDAY

Spaghetti Bolognese **Gluten Fish**
garlic bread **Gluten Milk Soya**
crunchy vegetables

OR

Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Apple muffin **Gluten**
Egg

OR
Fruit



WEDNESDAY

Southern style burger in a bun
Gluten Egg Milk Sesame
jacket wedges, carrot sticks
& ranch salad **Egg**

OR

Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Fruit flapjack **Gluten**
OR
Fruit



THURSDAY

Roast turkey, stuffing & gravy **Gluten**
roast OR mashed potatoes
cabbage & carrots

OR

Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Fruit salad
OR
Fruit



FRIDAY

MSC fish cake **Gluten Fish**
diced potatoes, garden peas,
crunchy veg & tomato ketchup

OR

Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Cornflake tart &
custard
Gluten Sulphur dioxide
Milk
OR
Fruit



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 **Gluten**
roast baby potatoes
sweetcorn & cucumber sticks
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Chocolate sponge &
chocolate sauce **Egg**
Gluten Milk
OR
Fruit



TUESDAY

Nottinghamshire sausage & gravy
Gluten Sulphur Dioxide
Yorkshire pudding **Egg Gluten Milk**
mashed potato, broccoli & carrots
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Jelly & fruit
OR
Fruit



WEDNESDAY

Cheesy tomato pasta **Gluten Milk**
garlic bread **Gluten Milk Soya**
carrot & cucumber sticks
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Raspberry swirl sponge
Egg Gluten
& custard **Milk**
OR
Fruit



THURSDAY

Roast pork, stuffing & gravy **Gluten**
Yorkshire pudding **Milk Egg Gluten** roast **OR**
mashed potato, cabbage & fresh carrots
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Honey & oatmeal
cookie **Gluten**
OR
Fruit



FRIDAY

MSC fish finger wrap **Gluten Fish**
Pommes noisette **Milk**, crunchy veg,
sweetcorn & tomato ketchup
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Strawberry ice-cream
tub **Milk**
OR
Fruit



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 **Gluten**
baby roast potatoes
garden peas & fresh carrots
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Chocolate brownie
Gluten
OR
Fruit



TUESDAY

Meatballs in tomato sauce **Gluten Egg**
pasta & crunchy vegetables
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Raspberry ripple ice
cream roll **Milk Soya Egg**
Gluten
OR
Fruit



WEDNESDAY

Cheese & tomato pizza **Milk Soya Gluten**
roast potatoes, sweetcorn cobette
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Honey cake
Milk Egg Gluten
& custard **Milk**
OR
Fruit



THURSDAY

Roast Gammon & gravy,
Yorkshire pudding **Milk Egg Gluten**
roast OR mashed potatoes
carrots & broccoli
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Fruit cookie **Gluten**
OR
Fruit



FRIDAY

MSC breaded fish portion **Gluten Fish**
oven chips, garden peas & sweetcorn
tomato ketchup
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayonnaise **Egg Fish**
& mixed salad



Butterscotch tart
Milk Gluten
OR
Fruit



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

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