

**AUTUMN/WINTER
2023/24**

WEEK 1

WEEK COMMENCING

February 12, March 4,
March 25



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Margherita pizza pommes
noisette & vegetable sticks

Gluten Soya Milk

OR

jacket potatoes with cheese,
beans or tuna mayo & salad

Milk Egg Fish



Mixed berry mousse
& apple wedge

OR

Fruit

Milk



TUESDAY

Spaghetti Bolognese garlic bread
& crunchy vegetables

Gluten Milk Soya Fish

OR

jacket potatoes with cheese,
beans or tuna mayo & salad

Milk Egg 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

OR

jacket potatoes with cheese,
beans or tuna mayo & salad

Milk Egg Fish



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

January 29, February 19,
March 11, April 1



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Quorn dippers roast baby potatoes, sweetcorn & cucumber sticks **Gluten OR** jacket potatoes with cheese, beans or tuna mayo & salad
Milk Egg Fish



Chocolate sponge & chocolate sauce
OR
Fruit
Milk Egg Gluten



TUESDAY

Nottinghamshire sausage gravy, Yorkshire pudding, mashed potato broccoli & carrots **Egg Gluten Milk Sulphur Dioxide OR** jacket potatoes with cheese, beans or tuna mayo & salad **Milk Egg Fish**



Jelly & fruit
OR
Fruit



WEDNESDAY

Cheesy tomato pasta, garlic bread carrot & cucumber sticks
Gluten Milk Soya OR jacket potatoes with cheese, beans or tuna mayo & salad
Milk Egg Fish



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

February 5, February 26,
March 18, April 8



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Vegan roll & gravy baby roast potatoes, garden peas & fresh carrots **Gluten**

OR jacket potatoes with cheese, beans or tuna mayo & salad

Milk Egg Fish



Chocolate brownie

OR
Fruit

Gluten



TUESDAY

Meatballs in tomato sauce with pitta bread, rice & crunchy veg **Gluten Egg Milk Soya**

OR jacket potatoes with cheese, beans or tuna mayo & salad

Milk Egg Fish



Fruit yoghurt

OR
Fruit

Milk



WEDNESDAY

Pasta Neapolitan, garlic bread & sweetcorn coblette **Milk Gluten Soya**

OR jacket potatoes with cheese, beans or tuna mayo & salad

Milk Egg Fish



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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