

# AUTUMN/WINTER 2022/23

## WEEK 1

### WEEK COMMENCING

5 September, 26 September,  
17 October, 7 November,  
28 November, 19 December,  
9 January, 30 January



Vegetarian meals are available upon request

### MAIN MEAL

### DESSERT

#### MONDAY

Vegan sausage roll  
baby roast potatoes  
broccoli & carrots

Gluten



Oaty apple crumble  
& custard  
**OR**  
Fruit

Milk Gluten



#### TUESDAY

Farmhouse hotpot & gravy  
mashed carrot & swede  
cauliflower & peas

Fish



Chocolate & orange cookie  
**OR**  
Fruit

Gluten



#### WEDNESDAY

Pasta Americana  
garlic bread  
carrot & cucumber sticks

Milk Gluten Soya



Magic lemon sponge  
& custard  
**OR**  
Fruit

Gluten Egg Sulphur Dioxide Milk



#### THURSDAY

Roast gammon & gravy  
roast potatoes  
Yorkshire pudding  
sliced carrots  
honey roast parsnips

Milk Egg Gluten



Fruit flapjack  
**OR**  
Fruit

Gluten



#### FRIDAY

MSC Jumbo fish finger  
tomato ketchup  
oven chips  
sweetcorn & mushy peas

Gluten Fish Mustard



Butterscotch tart  
**OR**  
Fruit

Milk Gluten



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

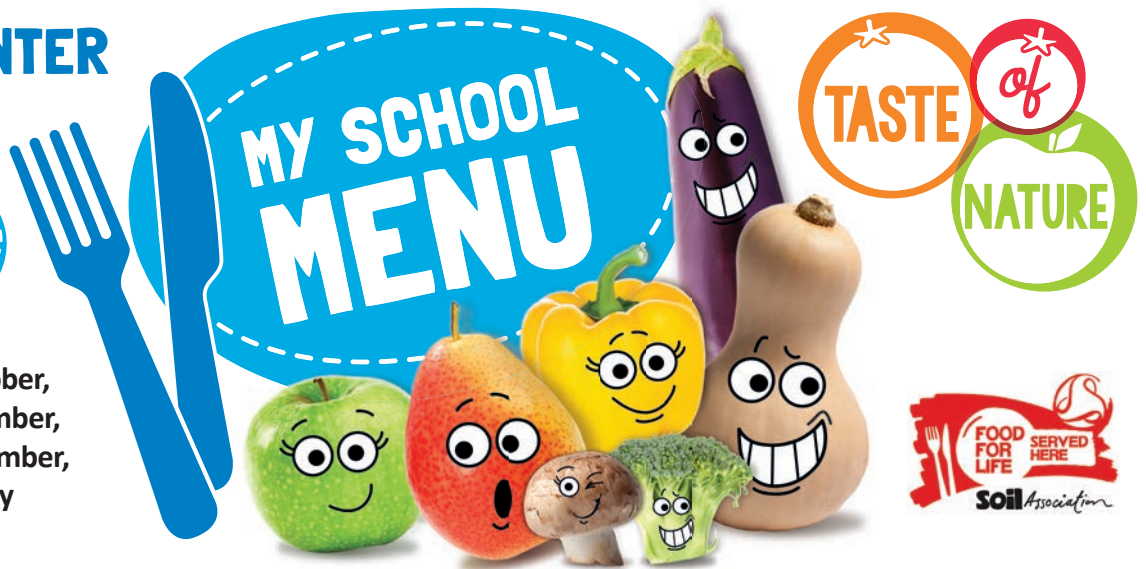
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**AUTUMN/WINTER  
2022/23**

**WEEK 2**

**WEEK COMMENCING**

12 September, 3 October,  
24 October, 14 November,  
5 December, 26 December,  
16 January, 6 February



Vegetarian meals are available upon request

**MAIN MEAL**

**DESSERT**

**MONDAY**

Quorn dippers  
jacket wedges  
cucumber sticks  
sweetcorn

Milk Egg Gluten



Rice pudding  
& jam  
**OR**  
Frozen yoghurt

Milk Sulphur Dioxide



**TUESDAY**

Nottinghamshire sausages  
gravy, Yorkshire pudding  
mashed potatoes  
cauliflower & sliced carrots

Egg Gluten Milk Sulphur Dioxide



Cherry shortcake  
& custard  
**OR**  
Fruit

Gluten Milk



**WEDNESDAY**

Cheesy tomato pasta  
garlic bread  
coleslaw  
cucumber sticks

Gluten Milk Soya Egg



Honey & oatmeal cookie  
& apple wedge  
**OR**  
Fruit

Gluten



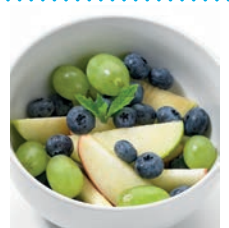
**THURSDAY**

Roast pork, stuffing  
& gravy, roast potatoes  
Yorkshire pudding  
carrots & broccoli

Milk Egg Gluten



Fruit salad  
**OR**  
Fruit



**FRIDAY**

MSC Jumbo fish finger wrap  
diced potatoes  
mushy peas  
& sweetcorn

Gluten Fish Mustard



Cornflake tart  
& custard  
**OR**  
Fruit

Milk Gluten Sulphur Dioxide



**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**

19 September, 10 October,  
31 October, 21 November,  
12 December, 2 January,  
23 January, 13 February



Vegetarian meals are available upon request

**MAIN MEAL**

**DESSERT**

**MONDAY**

Margherita pizza  
jacket wedges  
carrot sticks  
sweetcorn

Milk Gluten



Mixed berry mousse  
& shortbread finger  
**OR**  
Fruit

Milk Gluten



**TUESDAY**

Cowboy pie  
carrot & cucumber sticks

Gluten Milk Sulphur Dioxide



Spiced carrot cake  
& custard  
**OR**  
Fruit

Gluten Egg Sulphur Dioxide Milk



**WEDNESDAY**

Pasta Bolognese  
mixed salad

Milk Fish Gluten



Frozen yoghurt  
**OR**  
Fruit

Milk



**THURSDAY**

Roast gammon & gravy  
mashed potato  
Yorkshire pudding  
carrots & cabbage

Milk Egg Gluten



Chocolate brownie  
**OR**  
Fruit

Gluten



**FRIDAY**

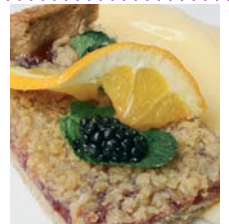
Jumbo fish finger wrap  
jacket wedges  
tomato ketchup  
mushy peas & sweetcorn

Gluten Fish Mustard



Crispy jam tart  
& custard  
**OR**  
Fruit

Milk Gluten Sulphur Dioxide



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

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