

**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 **Gluten**
baby roast potatoes
broccoli & carrots
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayo **Egg Fish**
& mixed salad



Oaty apple crumble
Gluten
& custard **Milk**
OR
Fruit



TUESDAY

Farmhouse hotpot **Fish** & gravy
mashed carrot & swede
cauliflower & peas
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayo **Egg Fish**
& mixed salad



Chocolate & orange
cookie **Gluten**
OR
Fruit



WEDNESDAY

Pasta Americana **Gluten Soya**
garlic bread **Milk Gluten Soya**
carrot & cucumber sticks
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayo **Egg Fish**
& mixed salad

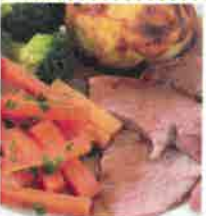


Magic lemon sponge
Gluten Egg Sulphur Dioxide Milk
& custard **Milk**
OR
Fruit



THURSDAY

Roast gammon, roast potatoes & gravy
Yorkshire pudding **Milk Egg Gluten**
sliced carrots & honey roast parsnips
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayo **Egg Fish**
& mixed salad



Fruit flapjack **Gluten**
OR
Fruit



FRIDAY

MSC Jumbo fish finger
Gluten Fish Mustard
tomato ketchup, oven chips
sweetcorn & mushy peas
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayo **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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**Nottinghamshire
County Council**

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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 **Milk Egg Gluten**
jacket wedges
cucumber sticks & sweetcorn

OR

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



Rice pudding **Milk**
& jam **Sulphur Dioxide**

OR

Frozen yoghurt **Milk**



TUESDAY

Nottinghamshire sausages
Gluten Sulphur Dioxide
gravy, Yorkshire pudding **Egg Gluten Milk**
mashed potatoes
cauliflower & sliced carrots

OR

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



Cherry shortcake
Gluten

& custard **Milk**

OR

Fruit



WEDNESDAY

Cheesy tomato pasta **Gluten Milk**
garlic bread **Gluten Milk Soya**
coleslaw & cucumber sticks

OR

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



Honey & oatmeal
cookie **Gluten**

& apple wedge

OR

Fruit



THURSDAY

Roast pork, stuffing **Gluten**
Yorkshire pudding **Milk Egg Gluten**
gravy, roast potatoes, carrots & broccoli

OR

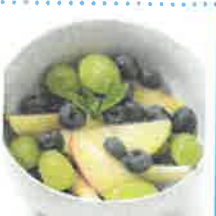
Jacket potato with baked beans,
cheese **Milk** or tuna mayo **Egg Fish**
& mixed salad



Fruit salad

OR

Fruit



FRIDAY

MSC Jumbo fish finger wrap
Gluten Fish Mustard
diced potatoes, mushy peas & sweetcorn

OR

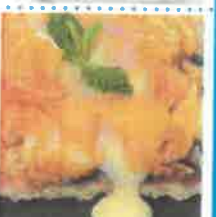
Jacket potato with baked beans,
cheese **Milk** or tuna mayo **Egg Fish**
& mixed salad



Cornflake tart
Gluten Sulphur Dioxide
& custard **Milk**

OR

Fruit



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

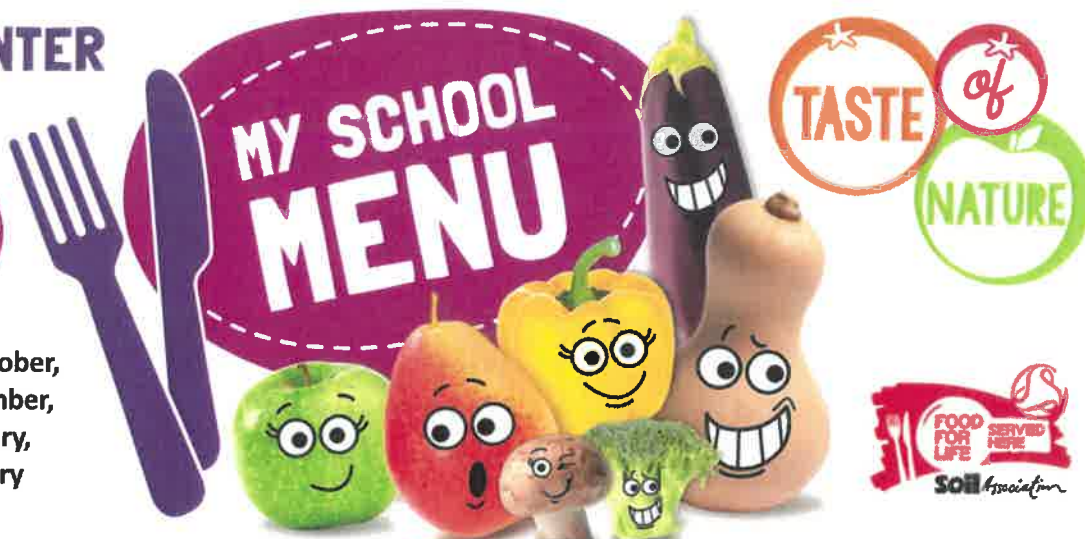
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**AUTUMN/WINTER
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WEEK 3

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 **Milk Gluten**
jacket wedges
carrot sticks & sweetcorn

OR

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



Mixed berry mousse

Milk

& shortbread finger

Gluten

OR

Fruit



TUESDAY

Cowboy pie **Gluten Milk Sulphur Dioxide**
carrot & cucumber sticks

OR

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



Spiced carrot cake

Gluten Egg Sulphur Dioxide

& custard **Milk**

OR

Fruit



WEDNESDAY

Pasta Bolognese **Milk Fish Gluten**
mixed salad

OR

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



Frozen yoghurt **Milk**

OR

Fruit



THURSDAY

Roast gammon & gravy
Yorkshire pudding **Milk Egg Gluten**
mashed potato, carrots & cabbage

OR

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



Chocolate brownie

Gluten

OR

Fruit



FRIDAY

Jumbo fish finger wrap **Gluten Fish Mustard**
jacket wedges, tomato ketchup
mushy peas & sweetcorn

OR

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



Crispy jam tart

Gluten Sulphur Dioxide

& custard **Milk**

OR

Fruit



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