



SOUTH MC AUTUMN 2022

WEEK 1

Freshly
made
every day!

DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Margherita Pizza served with Baked Beans, Carrot and Cucumber Sticks	Vegetable Korma Served with Rice and half a Garlic and Coriander Naan	Assorted Sandwiches filled with Ham, Cheese or Tuna served with Carrot & Cucumber Sticks	Custard Cookie or Fruit Salad and Yoghurt Sticks
Tuesday	Chicken Karahi Curry served with Rice, Peas and Naan Bread	Veggie Mince Fajita served with Rice and Mixed Salad	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans and Cheese & Beans served with Mixed Salad	Chocolate Brownie or Fruit Salad & Yoghurt
Wednesday	Roast Chicken Breast served with Creamed Potato, Green bean and Carrot Medley & Gravy	Quorn Chicken Fillet served with Creamed Potato, Green Bean and Carrot Medley and Gravy	Assorted Wraps filled with Ham, Cheese or Tuna served with Mixed Salad	Toffee Apple Muffin or Fruit Salad & Yoghurt
Thursday	Beef Spaghetti Bolognese served with Fruit & Veg Crudities	Veggie Bolognese served with Fruit & Veg Crudities	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans and Cheese & Beans served with Fruit & Veg Crudities	Fruit Salad and Yogurt or Cherry Shortbread
Friday	Breaded Fish Fillet served with Chips and Garden Peas	Vegetable Pasta Bake Served with Mixed Salad	Assorted Sandwiches filled with Ham, Cheese or Tuna served with Mixed Salad	Jam & Coconut Sponge or Fruit Salad & Yoghurt

Available Daily: Fresh Fruit and Bread!


If you have any questions about food allergens please speak to the kitchen team who will be happy to help.



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WEEK 2

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DAY	CHOICE 1		CHOICE 2	CHOICE 3	PUDDING
Monday	Cheese & Tomato Pizza served with Sweetcorn and Mixed Salad		Tomato & Basil Pasta served with Sweetcorn and Mixed Salad	Assorted Sandwiches filled with Ham, Cheese or Tuna served with Mixed Salad	Apple Crumble & Custard or Fruit Salad & Yoghurt
Tuesday	Chilli Con Carne served with Rice and Mixed Salad		Quorn Vegemince & Veg Chilli served with Rice and Mixed Salad	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans and Cheese & Beans served with Mixed Salad	Chocolate Crunch or Fruit Salad & Yoghurt
Wednesday	Sliced Turkey served with Creamed Potato, Garden Peas & Carrot Medley and Gravy		Veggie Meatballs in Gravy served with Creamed Potato, Garden Peas & Carrot Medley and Gravy	Assorted Sandwiches filled with Ham, Cheese or Tuna served with Mixed Salad	Fruit Salad and Yogurt or Flapjack
Thursday	Meat & Potato Pie served with Mixed Veg and Gravy		Cheese & Potato Pie served with Mixed Veg and Gravy	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans and Cheese & Beans served with Fruit & Veg Crudities	Ginger Sponge or Fruit Salad & Yoghurt
Friday	Cod & Salmon Fishcake served with Chips, Garden Peas and Tomato Ketchup		Veggie Grill Wrap served with Chips, Garden Peas and Tomato Ketchup	Assorted Sandwiches filled with Ham, Cheese or Tuna served with Mixed Salad	Marble Sponge & Chocolate Sauce or Fruit Salad & Yoghurt

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WEEK 3

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DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Sweet Tomato Pasta served with Garlic Flatbread, Sweetcorn and Mixed Salad	Cheese & Tomato Pizza served with Garlic Flatbread, Sweetcorn and Mixed Salad	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans and Cheese & Beans served with Mixed Salad	Shortbread or Fruit Salad & Yoghurt
Tuesday	Breaded Chicken Goujons served with Jacket Wedges, Baked Beans and Mixed Salad	Cheese and onion Quiche served with Jacket Wedges, Baked Beans and Mixed Salad	Assorted Sandwiches filled with Ham, Cheese or Tuna served with Mixed Salad	Orange Jelly & Mandarins or Fruit Salad & Yoghurt
Wednesday	Toad in the Hole with Gravy served with Roast Potatoes, Carrot & Green Bean Medley	Veggie Toad in the Hole served with Roast Potatoes, Carrot & Green Bean Medley and Gravy	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans and Cheese & Beans served with Fruit & Veg Crudities	Jammy Bun or Fruit Salad & Yoghurt
Thursday	Minced Beef & Dumplings served with Creamed Potato and Mixed Veg	Macaroni Cheese served with Garlic Flatbread and Mixed Veg	Assorted Sandwiches filled with Ham, Cheese or Tuna served with Mixed Salad	Fruit Salad and Yogurt or Paris Sandwich
Friday	Fish Fingers served with Chips and Garden Peas	Vegetable Sweet and Sour Served with Egg noodles	Oven Baked Jacket Potato filled with Cheese, Tuna, Beans and Cheese & Beans served with Fruit & Veg Crudities	Syrup Sponge & Custard or Fruit Salad & Yoghurt

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