

week
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Autumn Winter 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Pork sausage, mini-Yorkshire pudding, creamy mashed potatoes, mixed vegetables and gravy	Crispy crumbed vegetable burger served hash browns and baked beans (pb)	Red Tractor gammon served with crispy roast potatoes, green beans and gravy (gf)	Mediterranean style diced Quorn served with savoury rice and garlic bread (v)	Homemade tuna and sweetcorn pasta bake served with garden peas
Main meal	Vegan savoury mince, mini-Yorkshire pudding, creamy mashed potatoes, mixed vegetables and gravy (v)	Beef Bolognese served with pasta and freshly baked garlic bread	Chilli non carne served with boiled white rice and crusty bread (pb)	Shepherd's pie served with carrots and gravy (gf)	Cheese and Tomato pizza served with oven baked jacket wedges and garden peas (v)
Cold choice	Freshly made wholemeal sandwiches served with mixed salad and ½ piece of fruit	Freshly made wraps served with mixed salad and ½ piece of fruit	Freshly made wholemeal sandwiches served with mixed salad and ½ piece of fruit	Freshly made wrap served with a mixed salad and ½ piece of fruit	Freshly made wholemeal sandwiches served with mixed salad and ½ piece of fruit
pudding	Homemade rice pudding served with jam Cheese & crackers Fresh fruits Yoghurts	Homemade Banana muffin Cheese & crackers Fresh fruits Yoghurts	Shortbread biscuit Cheese & crackers Fresh fruits Yoghurts	Chocolate sponge served with homemade Chocolate sauce Cheese & crackers Fresh fruits Yoghurts	Homemade flapjack Cheese & crackers Fresh fruits Yoghurt

A jacket potato served with a choice of 3 fillings per day (from tuna mayonnaise, baked beans and cheddar cheese)

Salford City Council

V = Vegetarian PB = Plant based GF = Gluten free

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week
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	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Crispy Topped Vegetable Pie served with Seasonal Vegetables (pb)	Cottage pie served with garden peas and gravy (gf)	Quorn vegan sausages served with homemade roast potatoes, carrots and gravy (pb)	Lamb keema curry served with pilau rice and a mini naan bread	Bird's Eye fish fingers served with oven baked chipped potatoes and baked beans
Main meal	Chicken meatballs in a rich homemade tomato sauce served with pasta and freshly baked garlic bread	Quorn vegan nuggets served with crispy hash browns and baked beans (pb)	Red Tractor roast chicken served with homemade roast potatoes, carrots and gravy (gf)	Vegetable pasta bake served with freshly baked garlic bread (v)	Homemade cheese quiche served with oven baked chipped potatoes and baked beans
Cold choice	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Freshly made wraps served with mixed salad and ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Freshly made wraps served with mixed salad and ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit
Pudding	Lancashire biscuit Cheese & crackers Fresh fruits Yoghurts	Homemade chocolate muffin (v) Cheese & crackers Fresh fruit Yoghurts	Oaty apple crumble served with custard Cheese & crackers Fresh fruits Yoghurts	Iced vegan sponge (pb) Cheese & crackers Fresh fruits Yoghurts	Fruit jelly topped with whipped cream (v) Cheese & crackers Fresh fruits Yoghurts

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	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Breaded chicken burger in a bun served with oven baked jacket wedges and baked beans	Diced Quorn and vegetable korma served with boiled white rice and naan bread (v)	Red Tractor roast chicken served with homemade roast potatoes, mixed seasonal vegetables and gravy (gf)	Margherita pizza served with oven baked diced potatoes, peas and sweetcorn (v)	Harry Ramsden's battered MSC fish fillet served with oven baked chunky chipped potatoes, mushy peas and tomato ketchup
Main meal	Vegan sausage roll served with oven baked jacket wedges and baked beans (pb)	Beef mince and potato pie served with carrots, swede and gravy	Creamy tomato pasta served with mixed seasonal vegetables and freshly baked garlic bread (v)	Homemade chicken pie served with peas and sweetcorn	Quorn vegan sausages served with oven baked chunky chipped potatoes, mushy peas and gravy (pb)
Cold choice	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Freshly made wraps served with mixed salad and ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Freshly made wraps served with mixed salad and ½ piece of fruit	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit
Pudding	Chocolate arctic roll Cheese & crackers Fresh fruits Yoghurts	Syrup sponge served with custard Cheese & crackers Fresh fruits Yoghurts	Homemade abbey biscuit Cheese & crackers Fresh fruits Yoghurts	Homemade chocolate and vanilla sponge served with custard Cheese & crackers Fresh fruits Yoghurts	Freshly whipped strawberry mousse Cheese & crackers Fresh fruits Yoghurts

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