MENU CYCLE WEEK ONE

ASC www.msc.org 4th November 25th November 16th December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BBQ Chicken Tortilla Wrap	Pepperoni Pizza	Classic Roast Chicken	The Big Breakfast	Breaded Fish
VEGETARIAN	Vegetable BBQ Tortilla Wrap	Margarita Pizza	Butternut Squash filled Yorkshire Pudding	Vegetarian Sausage	Breaded Vegetable Finger
SIDES	Steamed Rice Seasonal Vegetables	Potato Wedges Peas Sweetcorn	Mash Potato Steamed Peas & Carrots	Hash Browns Baked Beans	Chips Peas Baked Beans
DESSERT	White Chocolate Chip Flapjack	Syrup Sponge Cake with Custard	Chocolate Tart	Hob Nob Oat Biscuit	Cookie Selection
		Food Allerg and Intolera If you require info on allergens or s a food intoleran speak to a Tear before you or food and	ormation uffer from .ce, please n Member rder your		A

MENU CYCLE 2nd December 6th January 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Meatballs in a Tomato & Basil sauce	Chicken Curry	Roast Honey Gammon	Chicken Burger	Fish Fingers
VEGETARIAN	Vegetable Pasta Bake	Chunky Vegetable Curry	Cheesy Potato Pie	Vegetarian Burger	Veggie Fingers
SIDES	Pasta Garlic Bread Garden Peas Cauliflower	Steamed Rice Seasonal Vegetables	Baby Potatoes Broccoli Seasonal Vegetables	Potato Wedges Sweetcorn Cauliflower	Chips Garden Peas Baked Beans
DESSERT	Classic Shortbread Biscuit	Lemon Sponge Cake & Custard	Vanilla & Chocolate Marble Cake	Baked Ginger Biscuit	lce Cream
		Food Aller and Intoler If you require in on allergens or a food intolera speak to a Tea before you food and	Information suffer from unce, please am Member order your		A

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18th November

9th December 13th January 2025

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- -	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Pork Sausages & Gravy	Oriental Chicken Stir Fry	Hot Dog in a Bun	Minced Beef, in a Rich Tomato Sauce	Breaded Fish
VEGETARIAN	Vegetarian Sausages & Gravy	Oriental Vegetable Stir Fry	Vegetarian Hot Dog in a Bun	BBQ Sweet Potato Wrap	Vegatable Burger
SIDES	Mash Potato Carrots & Garden Peas	Noodles Sweetcorn Broccoli	Wedge Potatoes Seasonal Vegetables	Steamed Pasta Broccoli Carrots	Chips Peas Baked Beans
DESSERT	Rice Crispy Cake	Chocolate Brownie	Cherry Cake	Chocolate Sponge Cake & Custard	Selection of Freshly Baked Cookies
		Food Aller and Intoler If you require in on allergens or a food intolera speak to a Tea before you food and	Iformation suffer from nce, please on Member order your		