

WEEK 1

WEEK COMMENCING

4 Nov, 25 Nov, 16 Dec, 6 Jan, 27 Jan,
17 Feb, 10 March 31 March

All of our meals are prepared using freshly sourced products from the East Midlands. If you need to know more about the ingredients used, please ask.

AVAILABLE DAILY: Best of both bread **Gluten, Soya** fresh fruit. Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Vegetarian roll
Gluten Soya Milk

Chicken & coconut curry
Milk

French bread pizza
Milk Gluten Sesame

Nottinghamshire sausage
Gluten Sulphur dioxide
OR Plant based sausage
Soya Sulphur dioxide
Yorkshire pudding
Milk Egg Gluten

MSC fish portion
Fish Gluten

SIDES

Potato balls &
Baked beans

Mixed rice
& naan bread **Gluten**

Diced potatoes,
carrot & cucumber sticks

Baby roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips,
garden peas
& sweetcorn

PUDDING

Iced sprinkle cake
Gluten Egg

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Iced sprinkle cookie
Gluten

Vanilla Ice cream tub
Milk



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WEEK 2

WEEK COMMENCING

11 Nov, 2 Dec, 23 Dec, 13 Jan,
3 Feb, 24 Feb, 17 March

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AVAILABLE DAILY: Best of both bread **Gluten, Soya** fresh fruit. Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MAIN	Quorn dippers Gluten	Cheese & bean parcel Milk Gluten	Pasta Americana Soya Gluten Mustard	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	MSC fish finger wrap Fish Gluten with tomato ketchup
SIDES	Potato balls & Baked beans	Diced potatoes & mixed salad	Garlic bread Soya Milk Gluten & sweetcorn	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or garden peas
PUDDING	Chocolate muffin Gluten Egg	Vanilla cookie Gluten	Cornflake crunch Gluten	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Cheese & biscuits Milk Gluten



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WEEK 3

WEEK COMMENCING

18 Nov, 9 Dec, 30 Dec, 20 Jan, 10 Feb,
3 March, 24 March

All of our meals are prepared using freshly sourced products from the East Midlands. If you need to know more about the ingredients used, please ask.

AVAILABLE DAILY: Best of both bread **Gluten, Soya** fresh fruit. Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Margherita pizza
Soya Milk Gluten

Nottinghamshire sausage
Gluten Sulphur dioxide

Pasta shell Bolognese
Gluten Mustard Soya Fish

Roast Gammon
OR
Roast Quorn Milk Egg

Fish fingers
Gluten Fish
Tomato ketchup

SIDES

Diced potatoes
& crunchy vegetables

Mashed potato
baked beans,

Garlic bread
Soya Milk Gluten
& sweetcorn

Mashed & roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips,
sweetcorn
& garden peas

PUDDING

Raspberry swirl muffin
Egg Gluten

Cherry flapjack
Gluten

Chocolate ice cream roll
Soya Milk Egg Gluten
& chocolate sauce Milk

Butterscotch tart
Milk Gluten

Honey & oatmeal cookie
Gluten



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