

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

Quorn dippers
Gluten

Mediterranean chicken
tagliatelle
Mustard Soya Egg Gluten

French bread pizza
Milk Gluten Sesame

Roast Beef
OR
Roast Quorn Milk Egg
Yorkshire pudding
Milk Egg Gluten

MSC fish portion
Fish Gluten

SIDES

Diced potatoes,
sweetcorn
& sliced carrots

Garlic bread **Gluten Soya Milk**
& sweetcorn

Potato balls,
carrot & cucumber sticks

Baby roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips,
mushy peas
& sweetcorn

PUDDING

Icky sticky sponge
Milk Egg Gluten
& cream Milk

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard Milk

Iced sprinkle cookie
Gluten

Mousse
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	Vegetarian roll Gluten Soya Milk	Pork meatballs in gravy Egg Gluten	Chinese chicken & vegetables Soya Gluten	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	MSC cod dog Fish Gluten Sesame with tomato ketchup
SIDES	Roast potatoes, broccoli, carrots & gravy	Mashed potatoes, sweetcorn & green beans	Mixed rice	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or minted garden peas
PUDDING	Chocolate sponge Gluten Egg Milk & custard Milk	Vanilla cookie Gluten	Cornflake tart Gluten Sulphur dioxide & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Pancake Gluten frozen yoghurt Milk & raspberry coulis



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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
OR
plant-based sausage
Soya 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 potatoes,
carrots, cabbage
& gravy

Garlic bread
Soya Milk Gluten
& sweetcorn

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

Diced potatoes,
sweetcorn
& minted garden peas

PUDDING

Raspberry swirl sponge
Egg Gluten
& custard Milk

Cherry flapjack
Gluten

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

Jelly & shortbread
Gluten

Butterscotch tart
Milk Gluten



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