

# 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

Nottinghamshire sausage  
Gluten Sulphur dioxide

French bread pizza  
Milk Gluten Sesame

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

Fish Fingers  
Fish Gluten

### SIDES

Diced potatoes,  
sweetcorn  
& sliced carrots

Yorkshire pudding,  
Milk Egg Gluten  
seasonal vegetables &  
gravy

Potato balls,  
carrot & cucumber sticks

Mashed potatoes,  
peas, sliced carrots &  
gravy

Oven chips  
& baked  
beans

### PUDDING

Jam sponge  
Sulphur dioxide Egg Gluten  
& custard Milk

Yogurt  
Milk

Vanilla muffins  
Gluten Egg

Iced sprinkle cookie  
Gluten

Butterscotch tart  
Milk Gluten



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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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Vegetarian roll <b>Gluten Soya Milk</b>	Nottinghamshire sausage hotdog <b>Gluten Sesame Sulphur dioxide</b>	Tomato & basil pasta <b>Soya Gluten Mustard</b>	Nottinghamshire sausage <b>Gluten Sulphur dioxide</b> OR plant-based sausage <b>Soya Sulphur dioxide</b>	MSC fish portion <b>Fish Gluten</b> with tomato ketchup
SIDES	Roast potatoes, peas, carrots & gravy	Potato wedges, baked beans & cucumber sticks	Garlic bread, & crunchy vegetables <b>Gluten Milk Soya</b>	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or minted garden peas
PUDDING	Chocolate sponge <b>Gluten Egg</b>	Vanilla cookie <b>Gluten</b>	Cornflake tart <b>Gluten Sulphur dioxide &amp; custard Milk</b>	Lemon drizzle muffin <b>Egg Gluten Sulphur Dioxide</b>	Cheese & crackers <b>Milk Gluten</b>



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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

All day brunch  
Nottinghamshire sausage  
Gluten Sulphur dioxide

Cheesy tomato pasta  
Mustard Soya Milk Gluten

Roast Gammon  
**OR**  
Roast Quorn Milk Egg

Fish fingers  
Gluten Fish  
Tomato ketchup

### SIDES

Potato footballs  
& baked beans

Omelette **Egg Milk**,  
baked beans, hash brown,  
roast tomato  
& tomato ketchup

Garlic bread  
**Soya Milk Gluten**  
& sweetcorn

Mashed potatoes, Yorkshire  
pudding **Gluten Egg Milk**  
peas,  
sliced carrots & gravy

Oven chips & baked  
beans

### PUDDING

Ice cream tub  
Milk

Fruit flapjack  
Gluten

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

Jelly & shortbread  
Gluten

Butterscotch tart  
Milk Gluten



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