

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
diced potatoes,
sweetcorn
& sliced carrots

Nottinghamshire sausage
Gluten Sulphur dioxide
OR
Plant-based sausage
Soya Sulphur dioxide
mashed potatoes,
broccoli, sweetcorn
& gravy

French bread pizza,
Milk Gluten Sesame
potato balls,
carrot & cucumber sticks

Roast beef
OR
Roast Quorn **Milk Egg,**
Yorkshire pudding,
Milk Egg Gluten
baby roast potatoes,
green cabbage,
sliced carrots & gravy

MSC fish portion,
Fish Gluten
oven chips,
mushy peas
& sweetcorn

OPTION 2

Vegetable chilli
with cheese **Milk,**
mixed rice
& nacho's

Chicken &
coconut curry **Milk**
Mixed rice
& naan bread **Gluten**

Roasted vegetable pasta,
Mustard Soya Gluten
garlic bread,
Soya Milk Gluten
carrot & cucumber sticks

Jacket potato,
cheese **Milk,**
baked beans
& mixed salad

Cheese & bean parcel,
Milk Gluten
oven chips,
minted garden 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
MAIN	Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy	Margherita pizza, Soya Milk Gluten potato balls, sweetcorn & green beans	Tomato & basil pasta, Mustard Soya Gluten garlic bread Soya Milk Gluten & mixed salad	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes, carrots, cabbage & gravy	MSC cod dog, Fish Gluten Sesame with tomato ketchup, oven chips, baked beans, or minted garden peas
OPTION 2	Cauliflower & broccoli bake, Gluten Milk pommes noisettes & garlic bread Soya Milk Gluten	Jacket potato, cheese Milk , baked beans & crunchy vegetable sticks	Chinese chicken & vegetables Soya Gluten mixed rice	Vegetable curry, Celery mixed rice & naan bread Gluten	Fishless fingers Gluten in a hot dog roll, Gluten sesame tomato ketchup, oven chips, baked beans or minted garden peas
PUDDING	Chocolate sponge Gluten Egg & 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

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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
diced potatoes
& crunchy vegetables

All day brunch
Nottinghamshire sausage,
Gluten Sulphur dioxide
omelette **Egg Milk**,
baked beans,
hash brown, roast tomato
& tomato ketchup

Pasta shell Bolognese,
Gluten Mustard Soya Fish
garlic bread
Soya Milk Gluten
& sweetcorn

Roast gammon
OR
Roast Quorn **Milk Egg**,
mashed & roast potatoes,
green cabbage,
sliced carrots
& gravy

Fish fingers **Gluten Fish**,
tomato ketchup,
diced potatoes,
sweetcorn
& minted Garden peas

OPTION 2

Meatfree ball
& cheese sub roll,
Gluten Soya Egg Milk Sesame
diced potatoes
& crunchy vegetables

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Cheesy tomato pasta shells,
Milk Gluten Mustard Soya
garlic bread
Soya Milk Gluten
& sweetcorn

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Tuna pasta bake,
Mustard Soya Milk Fish Gluten
crusty bread,
Gluten Sesame
sweetcorn
& minted Garden peas

PUDDING

Raspberry swirl sponge
Egg Gluten
& custard **Milk**

Cherry flapjack
Gluten

Butterscotch tart
Milk Gluten

Jelly & shortbread
Gluten

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



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