

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Quorn dippers Gluten	Nottinghamshire hot dog Gluten Sesame Sulphur dioxide OR Plant based sausage hot dog Gluten Sesame Soya Sulphur dioxide	French bread pizza Milk Gluten Sesame	Roast pork OR Roast Quorn Milk Egg Yorkshire pudding Milk Egg Gluten	MSC fish portion Fish Gluten OR Fishless fingers Gluten
SIDES	Diced potatoes, sweetcorn & sliced carrots	Jacket wedges & sweetcorn	Potato balls, carrot & cucumber sticks	Mashed potatoes, green cabbage, sliced carrots & gravy	Oven chips, mushy peas & sweetcorn
PUDDING	Mousse Milk	Chocolate brownie Gluten	Vanilla sponge Gluten Egg & custard Milk	Iced sprinkle cookie Gluten	Icky sticky sponge Milk Egg Gluten & cream Milk



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WEEK 2

WEEK COMMENCING

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Vegetarian roll Gluten Soya Milk	Beef Burger Egg Gluten Sesame Sulphur dioxide OR Southern fried Quorn burger Milk Egg Gluten Sesame	Mediterranean chicken tagliatelle Mustard Soya Milk Egg Gluten OR Mediterranean Quorn tagliatelle Mustard Soya Milk Egg Gluten	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide	MSC cod dog Fish Gluten Sesame OR Fishless fingers in a hot dog roll Gluten Sesame
SIDES	Roast potatoes, broccoli, carrots & gravy	Potato balls & crunchy vegetables	Garlic bread Gluten Milk Soya & sweetcorn	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or minted garden peas & tomato ketchup
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

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
OR
Plant-based sausage
Soya Sulphur dioxide

Pasta shell Bolognese
Gluten Mustard Soya Fish
OR
Meat-free
pasta shell Bolognese
Gluten Mustard Soya

Roast gammon
OR
Roast Quorn
Milk Egg

Fish fingers **Gluten Fish**
OR
Fishless fingers **Gluten**
Tomato ketchup

SIDES

Diced potatoes
& crunchy vegetables

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

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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