

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

Chicken & coconut
curry
Milk
mixed rice
& naan bread
Gluten

Pizza,
Soya Milk Gluten Sesame
potato balls,
& Crunchy vegetables

Roast gammon
OR
Plant-based sausage
Soya Sulphur dioxide,
Yorkshire pudding,
Milk Egg Gluten
baby roast potatoes,
seasonal vegetables &
gravy

MSC fish portion **Fish Gluten**
OR
Fishless fingers **Gluten**
oven chips,
peas
& sweetcorn

OPTION 2

Jacket potato,
cheese **Milk,**
baked beans
& crunchy
vegetables

Cheese & tomato
panini
Milk Gluten
with
crunchy vegetable

Jacket potato,
cheese **Milk,**
baked beans
& crunchy vegetables

Cheese & tomato
panini
Milk Gluten
with
vegetable sticks

Jacket potato,
cheese **Milk,**
baked beans
& crunchy vegetables

PUDDING

Cookie
Gluten

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Cookie
Gluten

Icecream 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
MAIN	Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy	Cheesy tomato pasta Milk Gluten Mustard Soya garlic bread Soya Milk Gluten & crunchy vegetables	Beef burger, Egg Gluten Sesame Sulphur dioxide, OR Quorn burger Egg Gluten Sesame milk oven chips & sweetcorn	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes, Yorkshire pudding Milk Egg Gluten carrots, cabbage & gravy	MSC cod dog Fish Gluten Sesame or Fishless fingers Gluten in a hot dog roll, Gluten sesame with tomato ketchup, oven chips, baked beans or garden peas
OPTION 2	Jacket potato, cheese Milk, baked beans & crunchy vegetable	Cheese & tomato panini Milk Gluten with crunchy vegetables	Jacket potato, cheese Milk, baked beans & crunchy vegetable	Cheese & tomato panini Milk Gluten with crunchy vegetables	Jacket potato, cheese Milk, baked beans & crunchy vegetable
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Cornflake tart Gluten Sulphur dioxide & custard Milk	Vanilla cookie Gluten	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Pancake Gluten Milk Egg & honey



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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	Pizza, Soya Milk Gluten Sesame diced potatoes & crunchy vegetables	All day brunch Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya 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 Pork OR Plant-based sausage Soya Sulphur dioxide Yorkshire pudding Milk Egg Gluten roast potatoes, Seasonal vegetables & gravy	Fish fingers Gluten Fish OR Fishless fingers Gluten tomato ketchup, Oven chips, sweetcorn & Garden peas
OPTION 2	Jacket potato, cheese Milk, baked beans & crunchy vegetables	Cheese & tomato panini Milk Gluten with crunchy vegetables	Jacket potato, cheese Milk, baked beans & crunchy vegetables	Cheese & tomato panini Milk Gluten with Crunchy vegetables	Jacket potato, cheese Milk, baked beans & crunchy vegetables
PUDDING	Raspberry swirl sponge Egg Gluten & custard Milk	Flapjack Gluten	Butterscotch tart Milk Gluten	Jelly & shortbread Gluten	Chocolate ice cream roll Soya Milk Egg Gluten



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