

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,
carrot & cucumber sticks

Roast beef
OR
Plant-based sausage
Soya Sulphur dioxide,
Yorkshire pudding,
Milk Egg Gluten
baby roast potatoes, green
cabbage, sliced carrots &
gravy

MSC fish portion **Fish Gluten**
OR
Fishless fingers **Gluten**
oven chips,
mushy 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

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 | Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy | Cheesy tomato pasta Milk Gluten Mustard Soya garlic bread Soya Milk Gluten & Vegetable sticks | Beef burger, Egg Gluten Sesame Sulphur dioxide, OR Quorn burger Egg Gluten Sesame milk oven chips & baked beans | Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes, 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 minted garden peas |
| OPTION 2 | Jacket potato, cheese Milk, baked beans & crunchy vegetable | Cheese & tomato panini Milk Gluten with vegetable sticks | Jacket potato, cheese Milk, baked beans & crunchy vegetable | Cheese & tomato panini Milk Gluten with vegetable sticks | 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
OR
Meatfree pasta shell
Bolognese
Gluten Mustard Soya
garlic bread
Soya Milk Gluten
& sweetcorn

Roast gammon
OR
Plant-based sausage
Soya Sulphur dioxide
mashed & roast potatoes,
green cabbage,
sliced carrots
& gravy

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

OPTION 2

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

Cheese & tomato
panini
Milk Gluten
with
vegetable sticks

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

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



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