

# 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**

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 & green

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

**AVAILABLE DAILY:** Jacket potato with the filling of the day, filled with cheese **Milk** or tuna mayonnaise **Egg Fish**

### OPTION 2

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

### 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

Corned beef hash **Fish**,  
mashed potatoes,  
Yorkshire pudding,  
**Milk Egg Gluten**  
sweetcorn  
& green beans

Chinese chicken  
& vegetables  
**Soya Gluten**  
mixed rice

Notti nghamshire 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

**AVAILABLE DAILY:** Jacket potato filled with cheese **Milk** or tuna mayonnaise **Egg Fish**

### OPTION 2

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

### 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  
Notti nghamshire 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

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

**AVAILABLE DAILY:** Jacket potato filled with cheese **Milk** ham or tuna mayonnaise **Egg Fish**

### OPTION 2

**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

### 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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