

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,
& sweetcorn cobbettes

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

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

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cheese, **Milk** ham or
tuna mayonnaise **Fish Egg**
vegetable sticks, crisps
fruit or Frube yogurt **Milk**
or pudding of the day

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tuna mayonnaise **Fish Egg**
vegetable sticks, crisps
fruit or Frube yogurt **Milk**
or pudding of the day

PUDDING

Jam sponge
Egg Gluten Sulphur dioxide
& 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

Cheesy tomato pasta
Milk Gluten Mustard Soya
Garlic bread
Soya Milk Gluten
sweetcorn cobette

Chinese chicken
Soya Gluten
& vegetables
with mixed rice

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
with tomato ketchup,
oven chips, baked beans
or minted garden peas

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
& sweetcorn
cobettes

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 & Yorkshire pudding
Milk Egg Gluten green cabbage,
sliced carrots & gravy

Fish fingers **Gluten Fish**,
Tomato ketchup,
diced potatoes,
sweetcorn
& minted garden peas

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

Jelly & shortbread
Gluten

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

Butterscotch tart
Milk Gluten



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