

# 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**

Chicken & coconut curry  
**Milk**

Cheesy & tomato pasta  
**Mustard Soya Milk Gluten**

Roast Gammon  
**OR**  
Roast Quorn **Milk Egg**  
Yorkshire pudding  
**Milk Egg Gluten**

MSC fish portion  
**Fish Gluten**

### SIDES

Diced potatoes,  
sweetcorn  
& sliced carrots

Mixed rice  
& naan bread **Gluten**

Garlic bread  
**Milk Soya Gluten**  
carrot & cucumber sticks

Baby roast potatoes,  
green cabbage,  
sliced carrots & gravy

Oven chips,  
mushy peas  
& sweetcorn

### PUDDING

Carrot cake  
**Gluten Egg Sulphur dioxide**  
& cream **Milk**

Chocolate brownie  
**Gluten**

Vanilla sponge  
**Gluten Egg**  
& custard **Milk**

Mousse  
**Milk**

Ice sprinkle cookie  
**Gluten**



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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
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<b>MAIN</b>	Vegetarian roll <b>Gluten Soya Milk</b>	Cottage pie <b>Fish</b>	Chinese chicken & vegetables <b>Soya Gluten</b>	Nottinghamshire sausage <b>Gluten Sulphur dioxide</b> <b>OR</b> plant-based sausage <b>Soya Sulphur dioxide</b>	MSC cod dog <b>Fish Gluten Sesame</b> with tomato ketchup
<b>SIDES</b>	Roast potatoes, broccoli, carrots & gravy	Mashed potatoes, Yorkshire pudding, sweetcorn & green beans <b>Milk Egg Gluten</b>	Mixed rice	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or minted garden peas
<b>PUDDING</b>	Chocolate sponge <b>Gluten Egg &amp; custard Milk</b>	Vanilla cookie <b>Gluten</b>	Cornflake tart <b>Gluten Sulphur dioxide &amp; custard Milk</b>	Lemon drizzle muffin <b>Egg Gluten Sulphur Dioxide</b>	Pancake <b>Gluten</b> frozen yoghurt <b>Milk &amp; raspberry coulis</b>



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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

Nottinghamshire sausage  
Gluten Sulphur dioxide

Pasta shell Bolognese  
Gluten Mustard Soya Fish

Roast Gammon  
**OR**  
Roast Quorn Milk Egg

Fish fingers  
Gluten Fish  
Tomato ketchup

### SIDES

Diced potatoes  
& crunchy vegetables

Mashed potatoes  
&  
baked beans

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

Butterscotch tart  
Milk Gluten

Jelly & shortbread  
Gluten

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



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