

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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Quorn dippers **Gluten**,
diced potatoes,
sweetcorn
& sliced carrots

Nottinghamshire sausage
hot dog
Gluten Sesame Sulphur dioxide
Jacket wedges
vegetable sticks

French bread pizza,
Milk Gluten Sesame
potato balls,
carrot & cucumber sticks

Roast Chicken
OR
Roast Quorn **Milk Egg** Yorkshire
pudding **Milk Egg Gluten**, roast
potatoes, seasonal vegetables
& gravy

Fish Fingers
Fish Gluten
oven chips,
peas
& sweetcorn

AVAILABLE DAILY: Sandwich **Gluten Soya with Cheese **milk**, ham or tuna mayonnaise **Fish Egg****

OPTION 2

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day, cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg** &
garden salad

PUDDING

Icky sticky sponge
Milk Egg Gluten
& cream **Milk**

Chocolate brownie
Gluten

Vanilla muffin **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

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.



	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 Soya Gluten & vegetables with mixed rice	Nottinghamshire 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: Sandwich Gluten Soya with Cheese milk, ham or tuna mayonnaise Fish Egg					
OPTION 2	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad
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

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.



MONDAY

Margherita pizza
Soya Milk Gluten
diced potatoes
& crunchy vegetables

TUESDAY

All day brunch
Nottinghamshire sausage,
Gluten Sulphur dioxide
omelette **Egg Milk**, baked beans,
hash brown, roast tomato
& tomato ketchup

WEDNESDAY

Spaghetti Bolognese
Gluten Mustard Soya Fish
garlic bread,
Soya Milk Gluten
& sweetcorn

THURSDAY

Roast Gammon
OR
Roast Quorn **Milk Egg**
mashed & roast potatoes,
green cabbage,
sliced carrots & gravy

FRIDAY

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

MAIN

AVAILABLE DAILY: Sandwich **Gluten Soya** with **Cheese milk**, ham or tuna mayonnaise **Fish Egg**

OPTION
2

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

PUDDING

Raspberry swirl slice
Gluten
& custard **Milk**

Flapjack
Gluten

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

Jelly

Butterscotch tart
Milk Gluten



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