

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

Cheese & tomato pasta,
Mustard Soya Gluten
garlic bread **Gluten Milk Soya**
& sweetcorn

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

Roast chicken
OR
Roast Quorn **Milk Egg**, Yorkshire
pudding,
Milk Egg Gluten
baby roast potatoes, green
cabbage, sliced carrots & gravy

Fish fingers,
Fish Gluten
oven chips,
mushy peas
& sweetcorn

 **Build your own lunch!**

 **Build your own lunch!**

OPTION 2

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

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

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

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

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

PUDDING

Honey cake
Gluten Milk Egg

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Iced sprinkle cookie
Gluten

Ice cream
Milk



**Nottinghamshire
County Council**

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	Beef burger in a bun, Soya Milk Egg Gluten Sesame Sulphur dioxide jacket wedges & vegetable sticks	Chinese chicken & vegetables Soya Gluten mixed rice	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes,	Fish fingers Fish Gluten with tomato ketchup, oven chips, baked beans, or minted garden peas
OPTION 2	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables	 Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Fruit yogurt Milk or pudding of the day	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables	 Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Fruit yogurt Milk or pudding of the day	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



Nottinghamshire
County Council

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

Margherita pizza,
Soya Milk Gluten
diced potatoes
& crunchy vegetables

 **Build your own lunch!**

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

Raspberry swirl sponge
Egg Gluten
& custard **Milk**

TUESDAY

Nottinghamshire sausage
hot dog,
Sesame Gluten Sulphur dioxide
jacket wedges
&
vegetable sticks

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

Cherry flapjack
Gluten

WEDNESDAY

Pasta shell Bolognese,
Gluten Mustard Soya Fish
garlic bread
Soya Milk Gluten
& sweetcorn

 **Build your own lunch!**

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

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

THURSDAY

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

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

Jelly & shortbread
Gluten

FRIDAY

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

 **Build your own lunch!**

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

Butterscotch tart
Milk Gluten