

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Quorn dippers Gluten	Chicken & coconut curry Milk Vegetarian option Quorn & coconut curry Milk Egg	French bread pizza Milk Gluten Sesame	Roast beef Vegetarian option Roast Quorn Milk Egg Yorkshire pudding Milk Egg Gluten	MSC fish portion Fish Gluten Vegetarian option Fishless fingers Gluten
SIDES	Diced potatoes, sweetcorn & sliced carrots	Mixed rice & naan bread Gluten	Potato balls, carrot & cucumber sticks	Baby roast potatoes, green cabbage, sliced carrots & gravy	Oven chips, mushy peas & sweetcorn
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

SIDES

PUDDING

Vegetarian roll
Gluten Soya Milk

Roast potatoes, broccoli, carrots & gravy

Chocolate sponge
Gluten Egg Milk
& custard **Milk**

Beef & vegetable pie
Milk Fish Gluten
Vegetarian option
Quorn & vegetable pie
Egg Gluten

Mashed potatoes, Yorkshire pudding, sweetcorn & green beans
Milk Egg Gluten

Vanilla cookie
Gluten

Chicken tikka wrap
Milk Gluten
Vegetarian option
Quorn dipper wrap
Gluten

Savoury rice

Cornflake tart
Gluten Sulphur dioxide
& custard **Milk**

Nottinghamshire sausage
Gluten Sulphur dioxide
Vegetarian option
Plant-based sausage
Soya Sulphur dioxide

Mashed potatoes, carrots, cabbage & gravy

Lemon drizzle muffin
Egg Gluten Sulphur Dioxide

MSC cod dog **Fish Gluten Sesame**
Vegetarian option
Fishless fingers in a hot dog roll **Gluten Sesame**

Oven chips, baked beans or minted garden peas & tomato ketchup

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
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MAIN	Margherita pizza Soya Milk Gluten	Nottinghamshire sausage Gluten Sulphur dioxide Vegetarian option Plant-based sausage Soya Sulphur dioxide	Pasta shell Bolognese Gluten Mustard Soya Fish Vegetarian option Meat-free pasta shell Bolognese Gluten Mustard Soya	Roast gammon Vegetarian option Roast Quorn Milk Egg	Fish fingers Gluten Fish Vegetarian option Fishless fingers Gluten Tomato ketchup
SIDES	Diced potatoes & crunchy vegetables	Mashed potatoes, carrots, broccoli & gravy	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	Chocolate ice cream roll Soya Milk Egg Gluten & chocolate sauce Milk	Jelly & shortbread Gluten	Butterscotch tart Milk Gluten



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