

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
OR
Quorn & coconut curry
Milk Egg
mixed rice
& naan bread **Gluten**

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

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**
OR
Fishless fingers **Gluten**
oven chips,
mushy peas
& sweetcorn

OPTION 2

Jacket potato,
cheese **Milk,**
baked beans
& mixed salad

Build your own lunch!
Sandwich (**Gluten Soya**)
Fillings: cheese **Milk** ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps
fruit or Frube yogurt **Milk**

Jacket potato,
cheese **Milk,**
baked beans
& mixed salads

Build your own lunch!
Sandwich (**Gluten Soya**)
Fillings: cheese **Milk** ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps
fruit or Frube yogurt **Milk**

Jacket potato,
cheese **Milk,**
baked beans
& mixed salad

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	Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy	Beef & vegetable pie Milk Gluten OR Vegetable pie Milk Gluten mashed potatoes, Yorkshire pudding, Milk Egg Gluten sweetcorn & green beans	Chinese chicken & vegetables Soya Gluten OR Chinese Quorn & vegetables Soya Egg Gluten with mixed rice	Notti nghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes, carrots, cabbage & gravy	MSC fish finger wrap Fish Gluten OR fishless fingers Gluten in a hot dog roll Gluten Sesame with tomato ketchup, oven chips, baked beans or minted garden peas
OPTION 2	Jacket potato, cheese Milk , baked beans & mixed salad	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Frube yogurt Milk	Jacket potato, cheese Milk , baked beans & mixed salad	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Frube yogurt Milk	Jacket potato, cheese Milk , baked beans & mixed 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. Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Margherita pizza,
Soya Milk Gluten
potato wedges
carrot sticks
& coleslaw **Egg**

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

Pasta shell Bolognese
Gluten Mustard Soya Fish
OR
Meatfree pasta shell
Bolognese
Gluten Mustard Soya
garlic bread
Soya Milk Gluten
& sweetcorn

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

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

OPTION 2

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Build your own lunch!
Sandwich (**Gluten Soya**)
Fillings: cheese **Milk ham** or
tuna mayonnaise **Fish Egg**
vegetable sticks, crisps
fruit or Frube yogurt **Milk**

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Build your own lunch!
Sandwich (**Gluten Soya**)
Fillings: cheese **Milk ham** or
tuna mayonnaise **Fish Egg**
vegetable sticks, crisps
fruit or Frube yogurt **Milk**

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

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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