

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

Sandwiches **Soya Gluten**
with a choice of
Cheese **Milk**, Ham or
tuna mayonnaise **Fish**
Egg

Roasted vegetable
pasta
Gluten Soya Mustard

French bread pizza
Milk Gluten Sesame

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

MSC fish portion
Fish Gluten

SIDES

Crisps,
frube **Milk**
or fruit

Carrots, sweetcorn
& garlic bread
Gluten Milk Soya

Potato balls,
carrot & cucumber sticks

Baby roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips,
garden peas
& sweetcorn

PUDDING

Gingerbread
cookie
Gluten

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Iced sprinkle cookie
Gluten

Mousse
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
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MAIN	Sandwiches Soya Gluten with a choice of Cheese Milk , Ham or tuna mayonnaise Fish Egg	Tomato & basil pasta Gluten Mustard Soya	Chinese chicken & vegetables Soya Gluten	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	MSC cod dog Fish Gluten Sesame with tomato ketchup
SIDES	Crisps, frube Milk or fruit	Garlic bread Milk Soya Gluten , mixed salad	Mixed rice	Mashed potatoes, carrots, cabbage & gravy	Oven chips, sweetcorn or garden peas
PUDDING	Gingerbread cookie Gluten	Vanilla cookie Gluten	Pancake Gluten frozen yoghurt Milk & raspberry coulis	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Cornflake tart Gluten Sulphur dioxide & custard Milk



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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

Sandwiches **Soya Gluten**
with a choice of
Cheese **Milk**, Ham or tuna
mayonnaise **Fish Egg**

Nottinghamshire sausage
hot dog
Gluten Sulphur dioxide Sesame

Pasta shell Bolognese
Gluten Mustard Soya Fish

Roast Gammon
OR
Roast Quorn **Milk Egg**

Fish fingers
Gluten Fish
Tomato ketchup

SIDES

Crisps,
frube **Milk**
or fruit

Jacket wedges
&
corn on the cob

Garlic bread
Soya Milk Gluten
& sweetcorn

Roast potatoes, green
cabbage,
sliced carrots & gravy

Diced potatoes,
sweetcorn
& garden peas

PUDDING

Gingerbread
cookie
Gluten

Cherry flapjack
Gluten

Chocolate ice cream
roll
Soya Milk Egg Gluten

Jelly & shortbread
Gluten

Butterscotch tart
Milk Gluten



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