

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
OR
Vegetable chilli
with cheese **Milk**,
mixed rice & nacho's

Chicken & coconut curry,
Milk
mixed rice
& naan bread **Gluten**

French bread pizza,
Milk Gluten Sesame
potato balls,
carrot & cucumber sticks
OR
Roasted vegetable pasta
Mustard Soya Gluten
garlic bread **Soya Milk Gluten**,
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**,
oven chips, mushy peas
& sweetcorn
OR
Cheese & bean parcel,
Milk Gluten
oven chips,
minted garden peas
& sweetcorn

OPTION 2

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

Jacket potato,
cheese **Milk**,
baked beans
OR
beef & BBQ bean chilli
& mixed salad

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

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy OR Cauliflower & broccoli bake, Gluten Milk pommes noisettes & garlic bread Soya Milk Gluten	Corned beef hash Fish , mashed potatoes, Yorkshire pudding, Milk Egg Gluten & green beans	Chinese chicken & vegetables with mixed rice Soya Gluten OR Tomato & basil pasta Mustard Soya Gluten garlic bread Soya Milk Gluten & mixed salad	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes, carrots, cabbage & gravy OR Vegetable curry Celery mixed rice & naan bread Gluten	MSC cod dog Fish Gluten Sesame 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	Jacket potato, cheese Milk , baked beans & crunchy vegetable sticks	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad	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
OR
Meatfree ball
& cheese sub roll
Gluten Soya Egg Milk Sesame
diced potatoes
& crunchy vegetables

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

Pasta shell Bolognese
Gluten Mustard Soya Fish
OR
Cheesy tomato pasta shells
Milk 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**,
tomato ketchup
& diced potatoes
OR
Tuna pasta bake,
Mustard Soya Milk Fish Gluten
crusty bread **Gluten Sesame**,
sweetcorn &
minted garden peas

OPTION 2

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

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

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

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

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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