

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**

Pizza,
Milk Gluten Sesame
potato balls,
carrot &
cucumber sticks

Roast Beef
OR
Roast Quorn **Milk Egg**
Yorkshire pudding **Milk Egg Gluten**,
baby roast potatoes,
broccoli, sliced carrots & gravy

MSC fish portion, **Fish Gluten**
OR
Fishless fingers **Gluten**
oven chips,
garden peas
& sweetcorn

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

Orange Jelly

Cornflake tart
Gluten Sulphur dioxide
Custard **Milk**

Chocolate brownie **Gluten**
& custard **Milk**

Iced sprinkle cookie
Gluten

Ice-cream tub
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 burger in a bun
Soya Milk Egg Gluten Sesame
OR
Southern style burger in a bun
Soya Milk Egg Gluten Sesame
Pommes noisettes
& salad

Tomato & basil pasta
Mustard Soya Gluten
garlic bread
Gluten Milk Soya
& salad

Nottinghamshire sausage
Gluten Sulphur dioxide
OR
plant-based sausage
Soya Sulphur dioxide
mashed potatoes,
carrots, broccoli & gravy

MSC cod dog
Fish Gluten Sesame
OR fishless fingers **Gluten**
in a hot dog roll, **Gluten Sesame**
oven chips, baked beans or
minted garden peas & tomato
ketchup

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

Sticky sponge
Milk Egg Gluten
Cream **Milk**

Strawberry mousse
Milk

Vanilla sponge
Gluten Egg
Custard
Milk

Pancake **Gluten**
frozen yoghurt **Milk** &
raspberry coulis

Strawberry
ice-cream tub
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

Margherita pizza
Soya Milk Gluten
diced potatoes
& crunchy vegetables

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

Pasta Bolognese
Gluten Mustard Soya
OR meatfree bolognese
Gluten Mustard soya
garlic bread,
Soya Milk Gluten
& sweetcorn

Roast Gammon
OR
Roast Quorn **Milk Egg**
mashed & roast potatoes,
broccoli, 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

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

Chocolate brownie
Gluten

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

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

Shortbread cookie
Gluten

Butterscotch tart
Milk Gluten



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