

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

Mediterranean chicken
tagliatelle
Gluten Milk Mustard Soya Egg,
garlic bread
Soya Milk Gluten
& vegetable sticks

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

Roast beef
Yorkshire pudding,
Milk Egg Gluten
baby roast potatoes, green
cabbage, sliced carrots & gravy

MSC fish portion,
Fish Gluten
oven chips,
mushy peas
& sweetcorn

OPTION 2

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
or ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

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crisps,
fruit or pudding of the
day

PUDDING

Icky sticky sponge
Milk Egg Gluten
& cream **Milk**

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

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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

Macaroni cheese
Milk Gluten Mustard Soya
garlic bread
Soya Milk Gluten
& vegetable sticks

Chinese chicken
& vegetables
Soya Gluten
mixed rice

Nottinghamshire sausage
Gluten Sulphur dioxide
mashed potatoes,
carrots, cabbage
& gravy


MSC cod dog,
Fish Gluten Sesame
with tomato ketchup,
oven chips,
baked beans,
or minted garden peas


OPTION 2

 **Build your own lunch!**
Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
OR ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

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Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
OR ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

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Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
OR ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

 **Build your own lunch!**
Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
OR ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

 **Build your own lunch!**
Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
OR ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

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

Margherita pizza,
Soya Milk Gluten
diced potatoes
& crunchy vegetables

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
OR ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

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

TUESDAY

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

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
OR ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

Cherry flapjack
Gluten

WEDNESDAY

Pasta shell Bolognese,
Gluten Mustard Soya Fish
garlic bread
Soya Milk Gluten
& sweetcorn

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
OR ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

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

THURSDAY

Roast gammon
mashed & roast potatoes,
green cabbage,
sliced carrots
& gravy

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
OR ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

Jelly & shortbread
Gluten

FRIDAY

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

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese, **Milk**
OR ham
&
vegetable sticks
crisps,
fruit or pudding of the
day

Butterscotch tart
Milk Gluten

MAIN

OPTION
2

PUDDING



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