

# 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

Beef burger in a wholemeal bun  
Soya Milk Egg Gluten Sesame Sulphur dioxide

French bread pizza  
Milk Gluten Sesame

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

MSC fish portion  
Fish Gluten

### SIDES

Diced potatoes, sweetcorn & sliced carrots

Jacket wedges & Mixed salad

Potato balls, carrot & cucumber sticks

Baby roast potatoes, green cabbage, sliced carrots & gravy

Oven chips, mushy peas & sweetcorn

### 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 <b>Gluten Soya Milk</b>	Beef & vegetable pie <b>Milk Fish Gluten</b>	Chicken tikka wrap <b>Gluten Milk</b>	Nottinghamshire sausage <b>Gluten Sulphur dioxide</b> <b>OR</b> plant-based sausage <b>Soya Sulphur dioxide</b>	MSC cod dog <b>Fish Gluten Sesame</b> with tomato ketchup
SIDES	Roast potatoes, broccoli, carrots & gravy	Mashed potatoes, Yorkshire pudding, <b>Milk Egg Gluten</b> sweetcorn & green beans	Mixed rice & Crunchy vegetables	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or minted garden peas
PUDDING	Chocolate sponge <b>Gluten Egg</b> & custard <b>Milk</b>	Vanilla cookie <b>Gluten</b>	Chocolate crispie <b>Gluten</b>	Lemon drizzle muffin <b>Egg Gluten Sulphur Dioxide</b>	Pancake <b>Gluten</b> frozen yoghurt <b>Milk</b> & 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza Soya Milk Gluten	All day brunch Nottinghamshire sausage Gluten Sulphur dioxide	Pasta shell Bolognese Gluten Mustard Soya Fish	Roast Gammon <b>OR</b> Roast Quorn Milk Egg	Fish fingers Gluten Fish Tomato ketchup
SIDES	Diced potatoes & crunchy vegetables	Omelette Egg Milk, baked beans, hash brown, roast tomato & tomato ketchup	Garlic bread Soya Milk Gluten & sweetcorn	Mashed & roast potatoes, green cabbage, sliced carrots & gravy	Diced potatoes, sweetcorn & minted garden peas
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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