

# 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**,  
mixed rice  
& naan bread **Gluten**

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

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

MSC fish portion,  
**Fish Gluten**  
oven chips,  
petit pois  
& sweetcorn

### OPTION 2

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

### PUDDING

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

Chocolate brownie  
**Gluten**

Vanilla sponge  
**Gluten Egg**  
& custard **Milk**

Mousse  
**Milk**

Iced sprinkle cookie  
**Gluten**



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

**MAIN**

---

**OPTION 2**

---

**PUDDING**

Vegetarian roll,  
**Gluten Soya Milk**  
roast potatoes,  
broccoli, carrots  
& gravy

Cheesy tomato pasta  
**Mustard Soya Milk Gluten,**  
Garlic bread,  
**Milk Soya Gluten**  
& sweetcorn

Chinese chicken  
**Soya Gluten**  
& vegetables  
with mixed rice

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

MSC cod dog  
**Fish Gluten Sesame**  
with tomato ketchup,  
oven chips, baked beans  
or petit pois

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

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



Nottinghamshire  
County Council

# 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**

---

**OPTION 2**

---

**PUDDING**

Margherita pizza  
**Soya Milk Gluten**  
diced potatoes  
& crunchy vegetables

---

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

---

Cherry flapjack  
**Gluten**

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

---

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

---

Jelly & shortbread  
**Gluten**

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

---

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

---

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

Roast Gammon  
**OR**  
Roast Quorn **Milk Egg**  
mashed potatoes, green  
cabbage,  
sliced carrots & gravy

---

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

---

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

Fish fingers **Gluten Fish**,  
Tomato ketchup,  
diced potatoes,  
sweetcorn  
& petit pois

---

Jacket potato  
with the filling of the day,  
cheese **Milk**, baked beans tuna  
mayonnaise **Fish Egg** &  
vegetable sticks

---

Butterscotch tart  
**Milk Gluten**



Nottinghamshire  
County Council