

# 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

Breaded  
veggie dippers  
**Gluten**

Nottinghamshire sausage  
**Gluten Sulphur dioxide**  
OR  
plant-based sausage  
**Soya Sulphur dioxide**

Pasta Americana  
**Soya Gluten Mustard**

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

MSC Fish fingers  
**Gluten Fish**  
Tomato ketchup

### SIDES

**AVAILABLE DAILY:** Jacket potato with cheese **Milk**, baked beans or tuna mayonnaise **Fish Egg** & mixed salad

Pomme noisettes,  
sweetcorn  
& cucumber

Mashed potatoes, Yorkshire  
pudding, **Milk Egg Gluten**  
broccoli, carrots & gravy

Garlic bread  
**Soya Milk Gluten**

Mashed potatoes,  
green cabbage,  
sliced carrots & gravy

Oven chips,  
garden peas  
& sweetcorn

### PUDDING

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

Chocolate crispie  
**Gluten**

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

Iced sprinkle cookie  
**Gluten**

Ice cream  
**Milk**



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# 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
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<b>MAIN</b>	Vegetarian roll <b>Gluten Soya Milk</b>	Beef burger in a wholemeal bun <b>Soya Milk Gluten Egg Sesame Sulphur dioxide</b>	Cheesy tomato pasta <b>Mustard Soya Milk Gluten</b>	Nottinghamshire sausage <b>Gluten Sulphur dioxide</b> <b>OR</b> plant-based sausage <b>Soya Sulphur dioxide</b>	MSC fish fingers <b>Fish Gluten</b> with tomato ketchup
<b>AVAILABLE DAILY:</b> Jacket potato with cheese <b>Milk</b> , baked beans or tuna mayonnaise <b>Fish Egg</b> & mixed salad					
<b>SIDES</b>	Jacket wedges, garden peas, carrots & gravy	Pomme noisettes, & crunchy vegetables	Garlic bread <b>Soya Milk Gluten</b> & sweetcorn	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or garden peas
<b>PUDDING</b>	Chocolate brownie <b>Gluten</b>	Ice cream tub <b>Milk</b>	Cornflake tart <b>Gluten Sulphur dioxide</b> & custard <b>Milk</b>	Lemon drizzle muffin <b>Egg Gluten Sulphur Dioxide</b>	Vanilla cookie <b>Gluten</b>



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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

Nottinghamshire sausage  
hot dog  
Gluten Sulphur dioxide Sesame

Cheesy tomato pasta  
Mustard Soya Milk Gluten

Roast Chicken **OR**  
Roast Quorn **Milk Egg**  
& gravy

Fish fingers  
Gluten Fish  
Tomato ketchup

**AVAILABLE DAILY:** Jacket potato with cheese **Milk**, baked beans or tuna mayonnaise **Fish Egg** & mixed salad

### SIDES

Herby diced potatoes  
&  
vegetable sticks

Pomme noisettes,  
&  
vegetable sticks

Crusty bread  
**Sesame Gluten**  
& sweetcorn

Yorkshire pudding,  
**Milk Egg Gluten**  
broccoli & carrots

Oven chips,  
sweetcorn  
& garden peas

### PUDDING

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

Cherry flapjack  
**Gluten**

Chocolate ice cream  
roll  
**Soya Milk Egg Gluten**

Jelly & mandarins

Butterscotch tart  
**Milk Gluten**



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