

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

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

Nottinghamshire sausage  
**Gluten Sulphur dioxide,**  
Yorkshire pudding,  
**Milk Egg Gluten**  
baby roast potatoes,  
green cabbage, sliced  
carrots & gravy

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

### Build your own lunch!

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### OPTION 2

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

Jacket potato,  
cheese **Milk**,  
baked beans  
**OR**  
beef & BBQ bean chilli  
& mixed salad

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

Jacket potato,  
cheese **Milk**,  
baked beans  
& mixed salad

**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
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**



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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> roast potatoes, broccoli, carrots & gravy	Corned beef hash <b>Fish</b> , mashed potatoes, Yorkshire pudding, <b>Milk Egg Gluten</b> sweetcorn & green beans	Chinese chicken & vegetables <b>Soya Gluten</b> mixed rice	Nottinghamshire sausage <b>Gluten Sulphur dioxide</b> <b>OR</b> Plant-based sausage <b>Soya Sulphur dioxide</b> mashed potatoes, carrots, cabbage & gravy	MSC cod dog, <b>Fish Gluten Sesame</b> with tomato ketchup, oven chips, baked beans, or minted garden peas
OPTION 2	Cauliflower & broccoli bake, <b>Gluten Milk</b> pommes noisettes & garlic bread <b>Soya Milk Gluten</b>	Jacket potato, cheese <b>Milk</b> , baked beans & crunchy vegetable sticks	<b>Build your own lunch!</b> <b>Sandwich</b> ( <b>Gluten Soya</b> ) <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	<b>Build your own lunch!</b> <b>Sandwich</b> ( <b>Gluten Soya</b> ) <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	<b>Build your own lunch!</b> <b>Sandwich</b> ( <b>Gluten Soya</b> ) <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day
PUDDING	Chocolate sponge <b>Gluten Egg</b> & custard <b>Milk</b>	Vanilla cookie <b>Gluten</b>	Cornflake tart <b>Gluten Sulphur dioxide</b> & custard <b>Milk</b>	Lemon drizzle muffin <b>Egg Gluten Sulphur Dioxide</b>	Pancake <b>Gluten</b> ice cream <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

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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

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

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

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

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

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

### OPTION 2

Meatfree ball  
& cheese sub roll,  
**Gluten Soya Egg Milk Sesame**  
diced potatoes  
& crunchy vegetables

Jacket potato,  
cheese **Milk**,  
baked beans  
& mixed salad

 **Build your own lunch!**  
**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

Jacket potato,  
cheese **Milk**,  
baked beans  
& mixed salad

 **Build your own lunch!**  
**Sandwich (Gluten Soya)**  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

### 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**