

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Quorn dippers Gluten , diced potatoes, sweetcorn & sliced carrots	Chicken & coconut curry Milk , rice & naan bread Gluten	French bread pizza, Milk Gluten Sesame potato balls, carrot & cucumber sticks	Roast Beef, Yorkshire pudding Milk Egg Gluten , baby roast potatoes, seasonal vegetables & gravy	MSC fish portion, Fish Gluten oven chips, mushy peas & sweetcorn
OPTION 2	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , & baked beans or tuna mayonnaise Fish Egg & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad	Or Roast Quorn Milk Egg	Jacket potato, cheese Milk , baked beans & mixed salad
PUDDING	Icky sticky sponge Milk Egg Gluten & cream Milk	Chocolate brownie Gluten	Vanilla ice cream tub Milk	Vanilla sponge Gluten Egg	Iced sprinkle cookie Gluten



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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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MAIN	Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy	Minced beef, roasted new potatoes Yorkshire pudding Milk Egg Gluten, seasonal vegetables	Sweet chill chicken & vegetables with rice	Nottinghamshire sausage Gluten Sulphur dioxide with seasonal vegetables, gravy & Yorkshire pudding Milk Egg Gluten	Fish finger wrap Fish Gluten with tomato ketchup, oven chips, baked beans or minted garden peas
OPTION 2	Jacket potato, cheese Milk, baked beans & mixed salad	Jacket potato, cheese Milk, & baked beans or tuna mayonnaise Fish Egg & mixed salad	Jacket potato, cheese Milk, baked beans & mixed salad	Or Plant-based sausage Soya Sulphur dioxide	Jacket potato, cheese Milk, baked beans & mixed salad
PUDDING	Pancake Gluten frozen yoghurt Milk & raspberry coulis	Chocolate sponge Gluten Egg & custard Milk	Strawberry ice cream tub Milk	Cornflake tart Gluten Sulphur dioxide & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide



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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
diced potatoes
& crunchy vegetables

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

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

Roast Gammon
with
roast potatoes, seasonal
vegetables, gravy
&
Yorkshire pudding **Milk Egg Gluten**

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

OPTION 2

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

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

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

Or
Roast Quorn
Milk Egg

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

PUDDING

Cherry flapjack
Gluten

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

Jelly

Butterscotch tart
Milk Gluten

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



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