

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 , 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 , baby roast potatoes, green cabbage, sliced carrots & 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 & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad
PUDDING	Carrot cake Sulphur dioxide Egg Gluten	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

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

Cottage pie **Fish**
Yorkshire pudding,
Milk Egg Gluten
sweetcorn & green
beans

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 minted garden peas

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

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

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

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

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

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



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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
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

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

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

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

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

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

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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