

# 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,  
baked beans

Chicken & coconut curry **Milk**,  
mixed rice  
& naan bread **Gluten**

Pizza muffin,  
**Milk Gluten Sesame Soya**  
potato balls,  
baked beans

Roast Turkey  
**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,  
garden peas  
& sweetcorn

### OPTION 2

**AVAILABLE DAILY:** Ham & cheese paninis **Milk Gluten Sesame**

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

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

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

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

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

### PUDDING

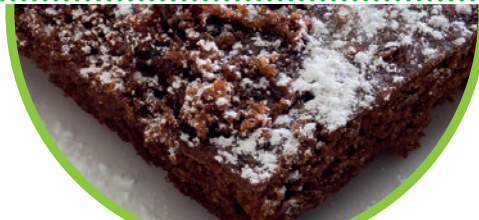
Icky sticky sponge  
**Milk Egg Gluten**  
& cream **Milk**

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

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> potato balls, baked beans	Jacket potato, cheese <b>Milk</b> , baked beans & Crunchy vegetables	Tomato & basil pasta, <b>Mustard Soya Gluten</b> garlic bread <b>Soya Milk Gluten</b> & mixed salad	Nottinghamshire sausage <b>Gluten Sulphur dioxide</b> <b>OR</b> plant-based sausage <b>Soya Sulphur dioxide</b> mashed potatoes,	MSC cod dog <b>Fish Gluten Sesame</b> with tomato ketchup, oven chips, baked beans or minted garden peas
<b>AVAILABLE DAILY:</b> Ham & cheese panini <b>Milk Gluten Sesame</b>					
<b>OPTION 2</b>	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad
<b>PUDDING</b>	Chocolate sponge <b>Gluten Egg</b> & cream <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> frozen yoghurt <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

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  
& sweetcorn

Nottinghamshire sausage hot  
dog,  
**Gluten Sulphur dioxide Sesame**  
potato balls,  
baked beans

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

**AVAILABLE DAILY: Ham & cheese panini Milk Gluten Sesame**

### 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**

Flapjack  
**Gluten**

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

Butterscotch tart  
**Milk Gluten**

Jelly & shortbread  
**Gluten**



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