

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, tomato & basil pasta
Gluten Mustard Soya
OR

Quorn, tomato & basil pasta
Gluten Mustard Soya Egg
& Garlic Bread **Gluten Soya Milk**
& sweetcorn

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**
OR

Fishless fingers **Gluten**
oven chips, peas
& sweetcorn

OPTION 2

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

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baked beans
or tuna mayonnaise **Egg Fish**
& mixed salad

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baked beans
or tuna mayonnaise **Egg Fish**
& mixed salad

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baked beans
or tuna mayonnaise **Egg Fish**
& mixed salad

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baked beans
or tuna mayonnaise **Egg Fish**
& mixed salad

PUDDING

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

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Iced sprinkle cookie
Gluten

Strawberry
Ice cream tub
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,
Gluten Soya Milk
roast potatoes,
broccoli, carrots
& gravy

Beef Burger in a bun
Gluten Soya Milk Egg Sulphur Dioxide Sesame,
OR Quorn burger in a bun,
Milk Egg Gluten Sesame Soya
pommes noisettes, baked beans & peas

Tomato & basil pasta **Gluten Mustard Soya**
& Garlic Bread **Gluten Soya Milk**
& mixed salad

Nottinghamshire sausage
Gluten Sulphur dioxide
OR
plant-based sausage
Soya Sulphur dioxide
mashed potatoes,
carrots, cabbage & gravy

MSC cod dog
Fish Gluten Sesame
OR Fishless finger in a hot dog roll **Gluten Sesame**
with tomato ketchup, oven chips,
baked beans
or minted garden peas

OPTION 2

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

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

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

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

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

PUDDING

Chocolate sponge **Gluten Egg**
& custard **Milk**

Vanilla cookie
Gluten

Cornflake tart
Gluten Sulphur dioxide
& custard **Milk**

Lemon drizzle muffin
Egg Gluten Sulphur Dioxide

Ginger cookie **Gluten**



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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

Nottinghamshire sausage,
Gluten Sulphur dioxide
OR Plant based sausage
Soya Sulphur dioxide
mashed potato, Yorkshire
pudding **Egg Gluten Milk**, carrots,
broccoli & gravy

Pasta shell Bolognese
Gluten Mustard Soya Fish
OR
Quorn pasta shell Bolognese
Gluten Mustard Soya Egg
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**
OR
Fishless fingers **Gluten**
tomato ketchup, diced
potatoes, sweetcorn
& garden peas

OPTION 2

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

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

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

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

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