

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 & 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 fingers,
Fish Gluten
oven chips,
mushy peas
& sweetcorn

OPTION 2

Vegetable chilli
with cheese **Milk,**
mixed rice
& nacho's

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

Roasted vegetable pasta,
Mustard Soya Gluten
garlic bread,
Soya Milk Gluten
carrot & cucumber sticks

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

Ice cream tub
Milk

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

Vanilla sponge
Gluten Egg
& custard **Milk**

Iced sprinkle cookie
Gluten

Chocolate brownie
Gluten



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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	 Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese, Milk tuna mayonnaise Fish Egg OR ham & vegetable sticks crisps, fruit or pudding of the day	Jacket potato, cheese Milk , baked beans Or tuna mayonnaise Fish Egg & 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 with tomato ketchup, oven chips, baked beans, or minted garden peas
OPTION 2	Cauliflower & broccoli bake, Gluten Milk pommes noisettes & garlic bread Soya Milk Gluten	Chinese chicken & vegetables Soya Gluten mixed rice	Tomato & basil pasta, Mustard Soya Gluten garlic bread Soya Milk Gluten & mixed salad	 Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese, Milk tuna mayonnaise Fish Egg OR ham & vegetable sticks crisps, fruit or pudding of the day	Jacket potato, cheese Milk , baked beans & mixed salad
PUDDING	Pancake, Gluten Egg Milk raspberry coulis & frozen yogurt Milk	Cornflake tart Gluten Sulphur dioxide & custard Milk	Vanilla cookie Gluten	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Chocolate sponge Gluten Egg & custard Milk



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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 Notti nghamshire sausage, Gluten Sulphur dioxide omelett e Egg Milk , baked beans, hash brown, roast tomato & tomato ketchup	Pasta shell Bolognese, Gluten Mustard Soya Fish garlic bread Soya Milk Gluten & sweetcorn	Roast chicken & stuffing Gluten OR Roast Quorn Milk Egg , mashed & roast potatoes, green cabbage, sliced carrots & gravy	Fish fingers Gluten Fish , tomato ketchup, oven chips, sweetcorn & minted Garden peas
OPTION 2	Meatfree balls in tomato sauce Soya Tilda mixed rice & 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	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
PUDDING	Fruit yoghurt 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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