

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

Quorn dippers
Gluten
diced potatoes, sweetcorn
& sliced carrots

TUESDAY

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

WEDNESDAY

French bread pizza,
Milk Gluten Sesame
potato balls,
carrot & cucumber sticks

THURSDAY

Roast beef
OR
Roast Quorn **Milk Egg**, Yorkshire
pudding,
Milk Egg Gluten
baby roast potatoes, green
cabbage, sliced carrots & gravy

FRIDAY

MSC fish portion,
Fish Gluten
oven chips, mushy
peas & sweetcorn

MAIN

AVAILABLE DAILY: Jacket potato with cheese **Milk**, baked beans or tuna mayonnaise **Fish** & vegetable sticks



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



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



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



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



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

OPTION
2

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

MAIN

Vegetarian roll,
Gluten Soya Milk
roast potatoes, broccoli,
carrots & gravy

Beef & vegetable pie **Fish Milk Gluten**,
mashed potatoes, Yorkshire pudding,
Milk Egg Gluten
sweetcorn
& green beans

Mediterranean chicken
tagliatelle
Soya Gluten Milk Mustard Egg
garlic bread **Gluten Soya Milk**
& sweetcorn

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

AVAILABLE DAILY: Jacket potato with cheese **Milk**, baked beans or tuna mayonnaise **Fish** & vegetable sticks

OPTION
2



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



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



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



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



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

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

Margherita pizza,
Soya Milk Gluten
diced potatoes
& crunchy vegetables



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

Raspberry swirl sponge

Egg Gluten

& custard **Milk**

TUESDAY

All day brunch
Nottinghamshire sausage,
Gluten Sulphur dioxide
omelette **Egg Milk**,
baked beans,
hash brown, roast tomato



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

Cherry flapjack

Gluten

WEDNESDAY

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



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

Chocolate ice cream roll

Soya Milk Egg Gluten

& chocolate sauce **Milk**

THURSDAY

Roast gammon
OR
Roast Quorn **Milk Egg**, mashed
& roast potatoes, green
cabbage,
sliced carrots
& gravy



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

Jelly & shortbread

Gluten

FRIDAY

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



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

Butterscotch tart

Milk Gluten

MAIN

OPTION
2

PUDDING

AVAILABLE DAILY: Jacket potato with cheese **Milk**, baked beans or tuna mayonnaise **Fish** & vegetable sticks



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