

# 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 <i>Gluten</i> diced potatoes, sweetcorn & sliced carrots	Cheese & tomato pasta, Mustard Soya <i>Gluten</i> garlic bread Soya Milk <i>Gluten</i> & veg sticks	Pizza Muffins Soya Milk <i>Gluten Sesame</i> potato balls, carrot & cucumber sti cks	Nottinghamshire Sausage Hot Dog, <i>Gluten Sesame Sulphur dioxide</i> roast potatoes & corn cobettes	MSC fish portion, Fish <i>Gluten</i> oven chips, garden peas & sweetcorn
OPTION 2	Jacket potato, cheese <i>Milk</i> , baked beans & mixed salad	 <b>Build your own lunch!</b> <b>Sandwich</b> ( <i>Gluten Soya</i> ) <b>Fillings:</b> cheese, <i>Milk</i> ham or tuna mayonnaise <i>Fish Egg</i> vegetable sticks, crisps fruit or Frube yogurt <i>Milk</i> or pudding of the day	Jacket potato, cheese <i>Milk</i> , baked beans & mixed salad	Cheese & tomato panini, <i>Milk Gluten</i> vegetable sticks, crisps, fruit or Frube yogurt <i>Milk</i> or pudding of the day	Jacket potato, cheese <i>Milk</i> , baked beans & mixed salad
PUDDING	Carrot cake muffin Sulphur dioxide <i>Egg Gluten</i>	Chocolate brownie <i>Gluten</i>	Vanilla sponge <i>Gluten Egg</i> & custard <i>Milk</i>	Iced sprinkle cookie <i>Gluten</i>	Ice cream tub <i>Milk</i>



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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, <b>Gluten Soya Milk</b> potatoes & baked beans	Cottage Pie, & seasonal vegetables	Pork Burger <b>Soya Gluten Sulphur dioxide</b> diced potatoes, garden peas & sweetcorn	Nottinghamshire sausage <b>Gluten Sulphur dioxide</b> <b>OR</b> Plant-based sausage <b>Soya Sulphur dioxide</b> mashed potatoes, seasonal vegetables & gravy	Fish fingers <b>Gluten Fish</b> , oven chips, baked beans or garden peas
OPTION 2	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	 <b>Build your own lunch!</b> <b>Sandwich</b> ( <b>Gluten Soya</b> ) <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	Cheese & tomato panini, <b>Milk Gluten</b> vegetable sticks, crisps, fruit or Frube yogurt <b>Milk</b> or pudding of the day	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad
PUDDING	Chocolate Muffin <b>Gluten Egg</b>	Vanilla cookie <b>Gluten</b>	Ice cream tub <b>Milk</b>	Cornflake tart <b>Gluten Sulphur dioxide</b> & custard <b>Milk</b>	Pancake <b>Gluten</b> & honey



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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, <b>Soya Milk Gluten</b> diced potatoes & crunchy vegetables	All day brunch Nottinghamshire sausage, <b>Gluten Sulphur dioxide</b> omelette <b>Egg Milk</b> , baked beans, hash brown & tomato ketchup	Pasta shell Bolognese, <b>Gluten Mustard Soya Fish</b> garlic bread <b>Soya Milk Gluten</b> & sweetcorn	Roast gammon <b>OR</b> Roast Quorn <b>Milk Egg</b> , mashed & roast potatoes, seasonal vegetables & gravy	Fish fingers <b>Gluten Fish</b> , oven chips, sweetcorn or garden peas
OPTION 2	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	<b>Build your own lunch!</b> <b>Sandwich</b> ( <b>Gluten Soya</b> ) <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	Cheese & tomato panini, <b>Milk Gluten</b> vegetable sticks, crisps, fruit or Frube yogurt <b>Milk</b> or pudding of the day	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad
PUDDING	Strawberry Mousse <b>Milk</b>	Butterscotch tart <b>Milk Gluten</b>	Chocolate ice cream roll <b>Soya Milk Egg Gluten</b> & chocolate sauce <b>Milk</b>	Jelly & shortbread <b>Gluten</b>	Flapjack <b>Gluten</b>



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