

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

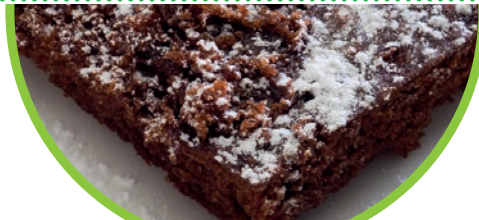
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheese & tomato, pasta Musatrd Soya Gluten, garlic bread, Gluten Milk Soya & sweetcorn cobette	All day brunch bacon, omelette Egg Milk, baked beans, hash brown, roast tomato & tomato ketchup	Nottinghamshire sausage, Sulphar dioxide Gluten Yorkshire pudding, Egg Gluten Milk mashed potato, green beans & gravy	French bread pizza, Milk Gluten Sesame pomme noisettes, carrot & cucumber sti cks	MSC fish portion, Fish Gluten oven chips, peas or baked beans & bread & butter Soya Gluten
OPTION 2	Cheese roll Soya Milk Egg Gluten Sesame	Ham roll Soya Egg Gluten Sesame	Cheese & tomato sub Milk gluten	Ham & cheese roll cheese Soya Milk Egg Gluten Sesame	Chip cob with cheese Soya Milk Egg Gluten Sesame
PUDDING	Yeo Valley Yoghurt Milk or fruit	Cornflake tart Gluten Sulphur dioxide or fruit	Chocolate brownie Gluten or fruit	Vanilla sponge Gluten Egg & custard Milk or fruit	Ice cream tub Milk or fruit



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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

OPTION 2

PUDDING

Cheesy tomato pasta
Mustard Soya Milk Gluten
warm baguette,
Gluten Sesame
cucumber & carrot stick

Nottinghamshire hot dog,
Gluten Sesame Sulphar dioxide
new potatoes & sweetcorn

Cottage pie,
carrots & gravy

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

MSC fish portion,
Fish Gluten
oven chips,
peas or baked beans
& bread & butter **Soya Gluten**

Cheese roll
Soya Milk Egg Gluten Sesame

Cheese & tomato sub
Milk gluten

Ham roll
Soya Egg Gluten Sesame

Ham & cheese roll
Soya Milk Egg Gluten Sesame

Chip cob with cheese
Soya Milk Egg Gluten Sesame

Chocolate crispy **Gluten**
with strawberry milkshake
Milk or fruit

Butterscotch tart
Gluten Milk
or fruit

Apple flapjack
Gluten
or fruit

Shortbread cookie
Gluten
or fruit

Raspberry ripple roll
Soya Milk Egg Gluten
or fruit



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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

Cheesy tomato pasta
Mustard Soya Milk Gluten
garlic bread,
Gluten Milk Soya
& mixed salad

Nottinghamshire sausage,
Sulphar dioxide Gluten
Yorkshire pudding,
Egg Gluten Milk
mashed potato, green beans,
carrots & gravy

Pizza,
Gluten Milk Soya
sweetcorn
& pomme noisettes

Vegan roll
Gluten
green beans, new
potatoes & gravy

MSC fish portion,
Fish Gluten
oven chips,
peas or baked beans
& bread & butter Soya Gluten

OPTION 2

Cheese roll
Soya Milk Egg Gluten Sesame

Cheese & tomato sub
Milk gluten

Ham roll
Soya Egg Gluten Sesame

Ham & cheese roll
cheese
Soya Milk Egg Gluten Sesame

Chip cob with cheese
Soya Milk Egg Gluten Sesame

PUDDING

Shortbread
Gluten or fruit

Jelly & fruit
or fruit

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

Lemon drizzle muffin
Egg Gluten Sulphur Dioxide
or fruit

Warm pancake Gluten
& raspberry coulis
or fruit



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