

# 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

Tortilla wrap with ham  
or cheese **Gluten Milk**  
diced potatoes,  
sweetcorn &  
minted Garden peas

### 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

Cheese & bean parcel,  
**Milk Gluten**  
died potatoes,  
minted garden peas  
& sweetcorn

### 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

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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,<br><b>Gluten Soya Milk</b><br>roast potatoes,<br>broccoli, carrots<br>& gravy                         | Corned beef hash,<br>mashed potatoes,<br>Yorkshire pudding,<br><b>Milk Egg Gluten</b><br>sweetcorn<br>& green beans | Chinese chicken<br>& vegetables<br><b>Soya Gluten</b><br>mixed rice   | Nottinghamshire sausage<br><b>Gluten Sulphur dioxide</b><br><b>OR</b><br>Plant-based sausage<br><b>Soya Sulphur dioxide</b><br>mashed potatoes,<br>carrots, cabbage & gravy | Quorn southern style<br>burger in a wholemeal bun<br><b>Gluten Soya Milk Egg Sesame,</b><br>oven chips,<br>baked beans,<br>or minted garden peas       |
| OPTION 2 | Cauliflower<br>& broccoli bake,<br><b>Gluten Milk</b><br>pommes noisettes<br>& garlic bread<br><b>Soya Milk Gluten</b> | Jacket potato,<br>cheese <b>Milk,</b><br>baked beans<br>& crunchy vegetable sticks                                  | Tomato & basil pasta,<br><b>Mustard Soya Gluten</b><br>garlic bread<br><b>Soya Milk Gluten</b><br>& mixed salad | Vegetable curry,<br><b>Celery</b><br>mixed rice<br>& naan bread<br><b>Gluten</b>  | Fishless fingers <b>Gluten</b><br>in a hot dog roll,<br><b>Gluten sesame</b><br>tomato ketchup,<br>oven chips,<br>baked beans or<br>minted garden peas |
| PUDDING  | Chocolate sponge<br><b>Gluten Egg</b><br>& custard <b>Milk</b>   | Vanilla cookie <b>Gluten</b>  | Cornflake tart<br><b>Gluten Sulphur dioxide</b><br>& custard <b>Milk</b>  | Lemon drizzle muffin<br><b>Egg Gluten Sulphur Dioxide</b>   | Pancake <b>Gluten</b><br>frozen yoghurt <b>Milk</b><br>& raspberry coulis  |



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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  
Nottinghamshire sausage,  
**Gluten Sulphur dioxide**  
omelette **Egg Milk**,  
baked beans,  
hash brown, roast tomato  
& tomato ketchup

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

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

Vegetarian roll  
**Gluten Soya Milk**,  
tomato ketchup,  
Oven chips,  
baked beans  
& sweetcorn

#### OPTION 2

Meatfree ball  
& cheese sub roll,  
**Gluten Soya Egg Milk Sesame**  
diced potatoes  
& crunchy vegetables

Jacket potato,  
cheese **Milk**,  
baked beans  
& mixed salad

Cheesy tomato pasta shells,  
**Milk Gluten Mustard Soya**  
garlic bread  
**Soya Milk Gluten**  
& sweetcorn

Jacket potato,  
cheese **Milk**,  
baked beans  
& mixed salad

Pasta Neapolitan  
**Mustard Soya Milk Gluten**,  
crusty bread,  
**Gluten Sesame**  
Crunchy vegetables

#### 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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