

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	Margherita pizza Gluten Soya Milk	Vegetarian sausage roll Gluten Soya Milk	Pasta Americana Mustard Soya Gluten	Roast chicken OR Plant based sausage Soya Sulphur dioxide Yorkshire pudding Milk Egg Gluten	MSC fish portion Fish Gluten oven chips, baked beans & garden peas
SIDES	Pomme noisette, sweetcorn & diced carrots	Potato wedges, peas & green beans	Garlic bread, Gluten Milk Soya & crunchy vegetables	Stuffing, Gluten mashed potatoes, broccoli sliced carrots & gravy	Jacket potato, cheese Milk , baked beans or tuna mayonnaise Fish Egg & mixed salad
PUDDING	Ice cream pot Milk	Chocolate sponge Gluten Egg & custard Milk	Raspberry swirl muffin Egg Gluten	Iced sprinkle cookie Gluten	Fruit yoghurt 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

SIDES

PUDDING

Margherita pizza
Gluten Soya Milk

Pomme noisette,
sweetcorn & diced
carrots

Chocolate crispie
Gluten

Pork meatballs **Egg**
Gluten
OR
Veggie meatballs
Soya

Mashed potatoes,
broccoli, sliced carrots
& gravy

Fruit yoghurt
Milk

Veggie Mac 'n' Cheese
Mustard Soya Milk Gluten

Garlic bread, **Milk Gluten Soya**
& crunchy vegetables

Cornflake tart
Gluten Sulphur dioxide
& custard **Milk**

Roast chicken
OR
Plant based sausage
Soya Sulphar dioxide
Yorkshire pudding
Milk Egg Gluten

Stuffing, **Gluten**
mashed potatoes, broccoli
sliced carrots & gravy

Lemon drizzle muffin
Egg Gluten Sulphur Dioxide

MSC cod dog,
Fish Gluten Sesame
Oven chips,
baked beans
or garden peas & tomato ketchup

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

Cheese **Milk**
&
Crackers **Gluten**



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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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza Soya Milk Gluten	All day brunch Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide	Pasta shell Bolognese Gluten Mustard Soya Fish OR Meat-free pasta shell Bolognese Gluten Mustard Soya	Roast chicken OR Plant based sausage Soya Sulphur dioxide Yorkshire pudding Milk Egg Gluten	Fish fingers Gluten Fish Oven chips, sweetcorn & minted garden peas
SIDES	Pomme noisette, sweetcorn & diced carrots	Omelette Egg Milk , baked beans, hash brown, roast tomato & tomato ketchup	Garlic bread Soya Milk Gluten sweetcorn	Stuffing, Gluten mashed potatoes, broccoli sliced carrots & gravy	Jacket potato, cheese Milk , baked beans or tuna mayonnaise Fish Egg & mixed salad
PUDDING	Fruit yoghurt Milk	Vanilla sprinkle muffin Gluten	Chocolate ice cream roll Soya Milk Egg Gluten & chocolate sauce Milk	Honey cake Milk Egg Gluten	Flapjack Gluten



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