

WEEK 1

WEEK COMMENCING

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

Mac 'n' Cheese
Mustard Soya Milk Gluten
crusty bread
Gluten Sesame
&
vegetables 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

Cornflake tart
Gluten Sulphur dioxide

TUESDAY

Beef Taco's
Gluten
mixed salad & rice



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

Iced bun
Gluten Sesame

WEDNESDAY

Chicken & coconut curry
Milk,
rice, sweetcorn & 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

Yoghurt
Milk
& fruit

THURSDAY

Beef mince
mashed potatoes,
carrots, cabbage & 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

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

FRIDAY

Chicken tagliatelle,
Mustard Soya Egg Gluten
crusty bread
Gluten Sesame
& broccoli



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

Mousse
Milk



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WEEK 2






WEEK COMMENCING

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	Cheesy tomato pasta, Mustard Soya Milk Gluten crusty bread, Gluten Sesame vegetables sticks	Chicken fajita Gluten, diced potatoes & vegetable sticks	Chinese chicken & vegetables Soya mixed rice	Nottinghamshire sausage casserole Gluten Sulphur dioxide mashed potatoes, carrots & cabbage	Spaghetti bolognese, Mustard Soya Gluten crusty bread, Gluten Sesame carrot & cucumber 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	Pancake Gluten milk Egg frozen yoghurt Milk & raspberry coulis	Jelly & fruit	Doughnut Gluten Soya Egg Milk Sesame	Rice pudding Milk & jam Sulphur dioxide	Butterscotch tart Milk Gluten



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