

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 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	MSC fish portion, Fish Gluten oven chips, mushy peas & sweetcorn
OPTION 2	Mac 'n' Cheese, Milk Soya Milk Gluten garlic bread Gluten Milk Soya & sweetcorn	Jacket potato, cheese Milk , baked beans OR beef & BBQ bean chilli & mixed salad	Jacket potato, cheese Milk , baked beans & crunchy vegetable sticks	Cheese Milk , ham or tuna Fish Egg wraps, Gluten roast potatoes, & vegetable sticks	Cheese & bean parcel, Milk Gluten oven chips, 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, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy	Corned beef hash Fish , mashed potatoes, Yorkshire pudding, Milk Egg Gluten sweetcorn & green beans	Cheese Milk , ham or tuna Fish Egg wraps, Gluten roast potatoes, & mixed salad	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes, carrots, cabbage & gravy	MSC cod dog, Fish Gluten Sesame with tomato ketchup, oven chips, baked beans, or minted garden peas
OPTION 2	Chicken tikka wrap, Gluten Milk roast potatoes, carrot & cucumber sticks	Jacket potato, cheese Milk , baked beans & crunchy vegetable sticks	Tomato & basil pasta, Mustard Soya Gluten garlic bread Soya Milk Gluten & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans, carrot & cucumber sticks
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Vanilla cookie Gluten	Cornflake tart Gluten Sulphur dioxide & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Pancake Gluten frozen yoghurt Milk & raspberry coulis



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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,
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 Fish
garlic bread
Soya Milk Gluten
& sweetcorn

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

Fish fingers **Gluten Fish**,
tomato ketchup,
diced potatoes,
sweetcorn
& minted Garden peas

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

Tuna pasta bake,
Mustard Soya Milk Fish Gluten
crusty bread,
Gluten Sesame
sweetcorn
& minted Garden peas

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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