

# 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**

Chicken & coconut curry  
**Milk**

French bread pizza  
**Milk Gluten Sesame**

Roast Gammon  
**OR**  
Roast Quorn **Milk Egg**  
Yorkshire pudding  
**Milk Egg Gluten**

MSC fish portion  
**Fish Gluten**

### SIDES

Diced potatoes,  
sweetcorn  
& sliced carrots

Mixed rice  
& naan bread **Gluten**

Potato balls,  
carrot & cucumber sticks

Baby roast potatoes,  
green cabbage,  
sliced carrots & gravy

Oven chips,  
mushy peas  
& sweetcorn

### PUDDING

Carrot cake  
**Egg Gluten Sulphur dioxide**  
& custard **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>                          | Cottage pie   | Chinese chicken & vegetables<br><b>Soya Gluten</b>                       | Nottinghamshire sausage<br><b>Gluten Sulphur dioxide</b><br><b>OR</b><br>plant-based sausage<br><b>Soya Sulphur dioxide</b> | MSC fish finger wrap<br><b>Fish Gluten</b><br>with tomato ketchup         |
| SIDES   | Roast potatoes, broccoli, carrots & gravy                           | Yorkshire pudding,<br><b>Milk Egg Gluten</b><br>sweetcorn & green beans | Mixed rice   | Mashed potatoes, carrots, cabbage & gravy   | Oven chips, baked beans or minted garden peas                             |
| PUDDING | Chocolate sponge<br><b>Gluten Egg Milk</b><br>& custard <b>Milk</b> | Vanilla cookie<br><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

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

All day brunch  
Nottinghamshire sausage  
Gluten Sulphur dioxide

Pasta shell Bolognese  
Gluten Mustard Soya Fish

Roast Gammon  
**OR**  
Roast Quorn Milk Egg

Fish fingers  
Gluten Fish  
Tomato ketchup

### SIDES

Diced potatoes  
& crunchy vegetables

Omelette **Egg Milk**,  
baked beans, hash brown,  
roast tomato  
& tomato ketchup

Garlic bread  
**Soya Milk Gluten**  
& sweetcorn

Mashed & roast potatoes,  
green cabbage,  
sliced carrots & gravy

Diced potatoes,  
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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