

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

Chili con carne,
mixed rice
& naan bread **Gluten**

French bread pizza,
Milk Gluten Sesame
potato balls,
vegetables

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

AVAILABLE DAILY: Filled baguette **Gluten Milk Sesame** with tuna mayonnaise, **Fish Egg** ham or cheese **Milk**

OPTION 2

Jacket potato, cheese
Milk,
baked beans
OR
tuna mayonnaise **Fish Egg**

Jacket potato, cheese
Milk,
baked beans
OR
tuna mayonnaise **Fish Egg**

Jacket potato, cheese
Milk,
baked beans
OR
tuna mayonnaise **Fish Egg**

Jacket potato, cheese
Milk,
baked beans
OR
tuna mayonnaise **Fish Egg**

Jacket potato, cheese
Milk,
baked beans
OR
tuna mayonnaise **Fish Egg**

PUDDING

Honey cake
Milk Egg Gluten
& cream **Milk**

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Iced sprinkle cookie
Gluten

Yogurt
Milk



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WEEK 2

WEEK COMMENCING

11 Nov, 2 Dec, 23 Dec, 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	Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy	Cottage Pie Soya Milk Gluten, Yorkshire pudding, Milk Egg Gluten sweetcorn & green beans	Cheesy tomato pasta, Mustard Soya Milk Gluten garlic bread Soya Milk Gluten & 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 peas
AVAILABLE DAILY: Filled baguette Gluten Milk Sesame with tuna mayonnaise, Fish Egg ham or cheese Milk					
OPTION 2	Jacket potato, cheese Milk, baked beans OR tuna mayonnaise Fish Egg	Jacket potato, cheese Milk, baked beans OR tuna mayonnaise Fish Egg	Jacket potato, cheese Milk, baked beans OR tuna mayonnaise Fish Egg	Jacket potato, cheese Milk, baked beans OR tuna mayonnaise Fish Egg	Jacket potato, cheese Milk, baked beans OR tuna mayonnaise Fish Egg
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Vanilla cookie Gluten	Cornflake tart Gluten Sulphur dioxide & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Jelly & biscuits Gluten Milk Wheat Soya



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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
Notti nghamshire sausage,
Gluten Sulphur dioxide
omelett e **Egg Milk**,
baked beans,
potato balls & 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

AVAILABLE DAILY: Filled baguette **Gluten Milk Sesame** with tuna mayonnaise, **Fish Egg** ham or cheese **Milk**

OPTION 2

Jacket potato, cheese
Milk,
baked beans
OR
tuna mayonnaise **Fish Egg**

Jacket potato, cheese
Milk,
baked beans
OR
tuna mayonnaise **Fish Egg**

Jacket potato, cheese
Milk,
baked beans
OR
tuna mayonnaise **Fish Egg**

Jacket potato, cheese
Milk,
baked beans
OR
tuna mayonnaise **Fish Egg**

Jacket potato, cheese
Milk,
baked beans
OR
tuna mayonnaise **Fish Egg**

PUDDING

Raspberry swirl sponge
Egg Gluten
& custard **Milk**

Cherry flapjack
Gluten

Ice cream tub **Milk**

Jelly & shortbread
Gluten

Butterscotch tart
Milk Gluten



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