

# 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 dipper wrap  
**Gluten**

Chicken & coconut curry  
**Milk**

French bread pizza  
**Milk Gluten Sesame**

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

MSC cod dog  
**Fish Gluten Sesame**  
with tomato ketchup

### SIDES

Diced potatoes, sweetcorn & sliced carrots

Mixed rice & naan bread **Gluten**

Potato balls, carrot & cucumber sticks

Baby roast potatoes, green beans, sliced carrots & gravy

Oven chips, mushy peas & sweetcorn or baked beans

### PUDDING

Vanilla muffin  
**Egg Gluten**  
& cream **Milk**

Chocolate brownie  
**Gluten**

Iced sprinkle cookie  
**Gluten**

Sticky sponge  
**Milk Egg Gluten**  
& custard **Milk**

Yogurt  
**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
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<b>MAIN</b>	Vegetarian roll <b>Gluten Soya Milk</b>	Nottinghamshire sausage hot dog <b>Gluten Sesame Sulphar dioxide</b>	Chinese chicken & vegetables <b>Soya Gluten</b>	Roast Gammon <b>OR</b> Roast Quorn <b>Milk Egg</b> Yorkshire pudding <b>Milk Egg Gluten</b>	MSC fish portion <b>Fish Gluten</b>
<b>SIDES</b>	Roasted new potatoes, broccoli, carrots & gravy	Jacket wedges, sweetcorn & green beans	Mixed rice	Baby roast potatoes, green beans, sliced carrots & gravy	Oven chips, baked beans or minted garden peas
<b>PUDDING</b>	Rice pudding <b>Milk</b>	Vanilla cookie <b>Gluten</b>	Pancake, <b>Gluten</b> cream <b>Milk</b> & raspberry coulis	Cornflake tart <b>Gluten Sulphur dioxide &amp; custard Milk</b>	Lemon drizzle muffin <b>Egg Gluten Sulphur Dioxide</b>



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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 <b>Soya Milk Gluten</b>	All day brunch Nottinghamshire sausage <b>Gluten Sulphur dioxide</b>	Pasta shell Bolognese <b>Gluten Mustard Soya Fish</b>	Roast Chicken <b>OR</b> Roast Quorn <b>Milk Egg</b>	Fish finger wrap, <b>Gluten Fish</b> Tomato ketchup
SIDES	Potato wedges & crunchy vegetables	Omelette <b>Egg Milk</b> , baked beans, hash brown, roast tomato & tomato ketchup	Garlic bread <b>Soya Milk Gluten</b> & sweetcorn	Mashed potato, Yorkshire pudding, <b>Gluten Egg Milk</b> green cabbage, sliced carrots & gravy	Oven chips, sweetcorn & minted garden peas or baked beans
PUDDING	Jelly & shortbread <b>Gluten</b>	Raspberry muffin <b>Egg Gluten</b> & custard <b>Milk</b>	Butterscotch tart <b>Milk Gluten</b>	Chocolate ice cream roll <b>Soya Milk Egg Gluten</b> & chocolate sauce <b>Milk</b>	Cherry flapjack <b>Gluten</b>



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