

# 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 <i>Gluten</i> diced potatoes, sweetcorn & sliced carrots	Chicken & coconut curry, <i>Milk</i> mixed rice & naan bread <i>Gluten</i>	French bread pizza, <i>Milk Gluten Sesame</i> potato balls, carrot & cucumber sticks	Nottinghamshire sausage <i>Gluten Sulphur dioxide</i> OR Plant-based sausage <i>Soya Sulphur dioxide</i> mashed potatoes, carrots, cabbage & gravy	MSC fish portion, <i>Fish Gluten</i> oven chips, mushy peas & sweetcorn
OPTION 2	Vegetable chilli with cheese <i>Milk</i> , mixed rice & nacho's	Jacket potato, cheese <i>Milk</i> , baked beans OR beef & BBQ bean chilli & mixed salad	Roasted vegetable pasta, <i>Mustard Soya Gluten</i> garlic bread, <i>Soya Milk Gluten</i> carrot & cucumber sticks	Jacket potato, cheese <i>Milk</i> , baked beans & mixed salad	Cheese & bean parcel, <i>Milk Gluten</i> oven chips, minted garden peas & sweetcorn
PUDDING	Icky sticky sponge <i>Milk Egg Gluten</i> & cream <i>Milk</i>	Chocolate brownie <i>Gluten</i>	Vanilla sponge <i>Gluten Egg</i> & custard <i>Milk</i>	Iced sprinkle cookie <i>Gluten</i>	Mousse <i>Milk</i>



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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, <b>Gluten Soya Milk</b> roast potatoes, broccoli, carrots & gravy	Corned beef hash <b>Fish</b> , mashed potatoes, Yorkshire pudding, <b>Milk Egg Gluten</b> sweetcorn & green beans	Chinese chicken & vegetables <b>Soya Gluten</b> mixed rice	Roast beef OR Roast Quorn <b>Milk Egg</b> , Yorkshire pudding, <b>Milk Egg Gluten</b> baby roast potatoes, green cabbage, sliced carrots & gravy.	MSC cod dog, <b>Fish Gluten Sesame</b> with tomato ketchup, oven chips, baked beans, or minted garden peas
OPTION 2	Macaroni cheese <b>Gluten Milk Mustard Soya</b> garlic bread <b>Soya Milk Gluten</b> & Mixed salad	Jacket potato, cheese <b>Milk</b> , baked beans & crunchy vegetable sticks	Tomato & basil pasta, <b>Mustard Soya Gluten</b> garlic bread <b>Soya Milk Gluten</b> & mixed salad	French bread pizza, <b>Milk Gluten Sesame</b> potato balls, carrot & cucumber stick	Jacket potato, cheese <b>Milk</b> , baked beans & crunchy vegetable stick
PUDDING	Chocolate sponge <b>Gluten Egg</b> & custard <b>Milk</b>	Vanilla cookie <b>Gluten</b>	Cornflake tart <b>Gluten Sulphur dioxide</b> & custard <b>Milk</b>	Lemon drizzle muffin <b>Egg Gluten Sulphur Dioxide</b>	Pancake <b>Gluten</b> frozen yoghurt <b>Milk</b> & 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, <b>Soya Milk Gluten</b> diced potatoes & crunchy vegetables	All day brunch Nottinghamshire sausage, <b>Gluten Sulphur dioxide</b> omelette <b>Egg Milk</b> , baked beans, hash brown, roast tomato & tomato ketchup	Pasta shell Bolognese, <b>Gluten Mustard Soya Fish</b> garlic bread <b>Soya Milk Gluten</b> & sweetcorn	Roast gammon <b>OR</b> Roast Quorn <b>Milk Egg</b> , mashed & roast potatoes, green cabbage, sliced carrots & gravy	Fish fingers <b>Gluten Fish</b> , tomato ketchup, diced potatoes, sweetcorn & minted Garden peas
OPTION 2	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	Meatfree ball & cheese sub roll, <b>Gluten Soya Egg Milk Sesame</b> diced potatoes & crunchy vegetable	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	French bread pizza, <b>Milk Gluten Sesame</b> potato balls, carrot & cucumber stick	Tuna pasta bake, <b>Mustard Soya Milk Fish Gluten</b> crusty bread, <b>Gluten Sesame</b> sweetcorn & minted Garden peas
PUDDING	Raspberry swirl sponge <b>Egg Gluten</b> & custard <b>Milk</b>	Cherry flapjack <b>Gluten</b>	Chocolate ice cream roll <b>Soya Milk Egg Gluten</b> & chocolate sauce <b>Milk</b>	Jelly & shortbread <b>Gluten</b>	Butterscotch tart <b>Milk Gluten</b>



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