

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
OR
Vegetable chilli
with cheese **Milk**,
mixed rice & nacho's

Chicken tagliatelle
Mustard Soya Milk Egg gluten,
garlic bread
Soya Milk Gluten
& crunchy vegetables

French bread pizza,
Milk Gluten Sesame
potato balls,
carrot & cucumber sticks
OR
Roasted vegetable pasta
Mustard Soya Gluten
garlic bread **Soya Milk Gluten**,
carrot & cucumber sticks

Roast turkey
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
OR
Cheese & bean parcel,
Milk Gluten
oven chips,
minted garden peas
& sweetcorn

OPTION 2

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
OR
beef & BBQ bean chilli
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

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 OR Cauliflower & broccoli bake, Gluten Milk pommes noisettes & garlic bread Soya Milk Gluten	Beef burger in a wholemeal bun Soya Milk Egg Gluten Sesame Sulphur dioxide jacket wedges vegetable sticks	Chicken tikka wrap Milk Gluten diced potatoes & mixed salad OR Tomato & basil pasta Mustard Soya 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 OR Vegetable curry Celery mixed rice & naan bread Gluten	MSC cod dog Fish Gluten Sesame OR Fishless fingers Gluten in a hot dog roll Gluten sesame with tomato ketchup, oven chips, baked beans or minted garden peas
OPTION 2	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & crunchy vegetable sticks	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad
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

OR

Meatfree ball
& cheese sub roll
Gluten Soya Egg Milk Sesame
diced potatoes
& crunchy vegetables

Nottinghamshire sausage,
Gluten Sulphur dioxide,
mashed potatoes,
Yorkshire pudding
Gluten Milk Egg
seasonal vegetables
& gravy

Pasta shell Bolognese
Gluten Mustard Soya Fish
OR
Cheesy tomato pasta shells
Milk Gluten Mustard Soya
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
OR
Tuna pasta bake,
Mustard Soya Milk Fish Gluten
crusty bread **Gluten Sesame,**
sweetcorn &
minted garden peas

OPTION 2

Jacket potato,
cheese **Milk,**
baked beans
& mixed salad

Jacket potato,
cheese **Milk,**
baked beans
& mixed salad

Jacket potato,
cheese **Milk,**
baked beans
& mixed salad

Jacket potato,
cheese **Milk,**
baked beans
& mixed salad

Jacket potato,
cheese **Milk,**
baked beans
& mixed salad

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

Chocolate crispy
Gluten



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