

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

Chicken & coconut curry,
Milk
mixed rice
& naan bread **Gluten**

French bread pizza,
Milk Gluten Sesame
potato balls,
carrot & cucumber sticks

Roast beef,
Yorkshire pudding,
Milk Egg Gluten
roast potatoes,
seasonal vegetables &
gravy

MSC fish portion,
Fish Gluten
oven chips,
garden peas
or baked
beans

OPTION 2

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

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with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

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with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

PUDDING

Carrot cake
Sulphar dioxide Egg Gluten
& cream **Milk**

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Mousse
Milk

Iced sprinkle cookie
Gluten



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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, seasonal vegetables & gravy	Cottage pie, & seasonal vegetables	Tomato & basil pasta, Gluten Soya Mustard garlic bread Milk Soya Gluten & crunchy vegetables	Roast turkey, Yorkshire pudding, Milk Egg Gluten roast potatoes, seasonal vegetables & gravy	Fish finger roll, Fish Gluten Sesame with tomato ketchup, oven chips, baked beans, or minted garden peas
OPTION 2	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Vanilla cookie Gluten	Cornflake Crispies Gluten	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
diced potatoes
& crunchy vegetables

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

Pasta shell Bolognese,
Gluten Mustard Soya Fish
garlic bread
Soya Milk Gluten
& sweetcorn

Roast gammon,
Yorkshire pudding,
Milk Egg Gluten
roast potatoes,
seasonal vegetables &
gravy

Fish fingers **Gluten Fish**,
tomato ketchup,
diced potatoes,
sweetcorn
& minted Garden peas

OPTION 2

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

PUDDING

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

Apple flapjack
Gluten

Chocolate ice cream roll
Soya Milk Egg Gluten
& chocolate sauce **Milk**

Jelly & fruit

Butterscotch tart
Milk Gluten



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