

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 tagliatelle
Mustard Soya Milk Egg Gluten,
crusty bread
Gluten Sesame
& vegetable sticks

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

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

OPTION 2

Jacket potato,
cheese **Milk,**
baked beans,
tuna mayonnaise
Fish Egg
& mixed salad

Jacket potato, cheese
Milk,
baked beans,
tuna mayonnaise
Fish Egg
& mixed salad

Jacket potato,
cheese **Milk,**
baked beans,
tuna mayonnaise
Fish Egg
& mixed salad

Jacket potato,
cheese **Milk,**
baked beans,
tuna mayonnaise
Fish Egg
& mixed salad

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

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
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MAIN	Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy	Corned beef hash Fish , mashed potatoes, Yorkshire pudding, Milk Egg Gluten sweetcorn & green beans	Chinese chicken & vegetables Soya Gluten mixed rice	inghamshire 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 minted garden peas
OPTION 2	Jacket potato, cheese Milk , baked beans, tuna mayonnaise Fish Egg & mixed salad	Jacket potato, cheese Milk , baked beans, tuna mayonnaise Fish Egg & mixed salad	Jacket potato, cheese Milk , baked beans, tuna mayonnaise Fish Egg & mixed salad	Jacket potato, cheese Milk , baked beans, tuna mayonnaise Fish Egg & mixed salad	Jacket potato, cheese Milk , baked beans, tuna mayonnaise Fish Egg & mixed salad
PUDDING	Chocolate & orange muffin Gluten Egg	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
diced potatoes
& crunchy vegetables

All day brunch
Nottinghamshire sausage,
Gluten Sulphur dioxide
omelette **Egg Milk**,
baked beans,
hash brown, roast tomato
& tomato ketchup

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

Roast chicken
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

OPTION 2

Jacket potato,
cheese **Milk**,
baked beans,
tuna mayonnaise
Fish Egg
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans,
tuna mayonnaise
Fish Egg
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans,
tuna mayonnaise
Fish Egg
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans,
tuna mayonnaise
Fish Egg
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans,
tuna mayonnaise
Fish Egg
& mixed salad

PUDDING

Jelly & shortbread
Gluten

Cherry flapjack
Gluten

Butterscotch tart
Milk Gluten

Spiced carrot cake
Egg Gluten Sulphur dioxide
& custard **Milk**

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



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