

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 Gluten	Mediterranean chicken tagliatelle Mustard Soya Milk Egg Gluten	French bread pizza Milk Gluten Sesame	Nottinghamshire sausages Gluten Sulphur dioxide Yorkshire pudding Milk Egg Gluten	MSC fish portion Fish Gluten
SIDES	Diced potatoes, baked beans & garden peas	Crusty bread Gluten Sesame & mixed salad	Potato balls, carrot & cucumber sticks	Mashed potatoes, green cabbage, sliced carrots & gravy	Oven chips, Garden peas & sweetcorn
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
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MAIN	Vegetarian roll Gluten Soya Milk	Beef burger in a wholemeal bun Soya Milk Egg Gluten Sesame Sulphur dioxide	Cheesy tomato pasta Mustard Soya Milk Gluten	Nottinghamshire sausages Gluten Sulphur dioxide Yorkshire pudding Milk Egg Gluten	MSC fish finger wrap Fish Gluten with tomato ketchup
SIDES	Roast potatoes, Baked beans, garden peas & gravy	Potato wedges, Mixed salad	Garlic bread Soya Milk Gluten	Mashed potatoes, carrots, cabbage & gravy	Oven chips, Sweetcorn & Garden peas
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Fruit yogurt Milk	Cornflake tart Gluten Sulphur dioxide & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Vanilla cookie Gluten



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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
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MAIN	Margherita pizza Soya Milk Gluten	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	Pasta shell Bolognese Gluten Mustard Soya Fish	Roast Gammon OR Roast Quorn Milk Egg	Fish fingers Gluten Fish Tomato ketchup
SIDES	Diced potatoes & crunchy vegetables	Yorkshire pudding Milk Egg Gluten Mashed potatoes, carrots, Garden peas & gravy	Garlic bread Soya Milk Gluten & mixed salad	Yorkshire pudding Milk Egg Gluten roast potatoes, green cabbage, sliced carrots & gravy	Oven chips sweetcorn & Garden peas
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	Butterscotch tart Milk Gluten



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