

# 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 Fruit yoghurt **Milk, Jelly**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN

Vegan roll  
**Gluten**  
**OR** Chicken breast  
garlic bread **Gluten Soya Milk**  
& seasonal vegetables

Nottinghamshire sausage  
**Gluten Sulphur dioxide OR** Plant  
based sausage **Soya Sulphur**  
**dioxide** & gravy Yorkshire  
pudding **Milk Egg Gluten** mashed  
potato, Seasonal vegetables

Crispy turkey fillet,  
**Milk Gluten Soya**  
pomme noisettes &  
seasonal vegetables

Roast gammon & gravy  
Yorkshire pudding  
**Milk Egg Gluten**  
roast potatoes  
carrots batons & broccoli

MSC fish fingers  
**Gluten Fish**  
oven chips,  
garden peas, baked  
beans or sweetcorn

### OPTION 2

Jacket potato  
with the Filling of the day  
Cheese **Milk**  
Baked beans  
Tuna mayonnaise **Fish Egg**  
& Crunchy vegetables

Jacket potato  
with the filling of the day  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

Jacket potato  
with the filling of the  
day cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

Jacket potato  
with the filling of the day  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

Jacket potato  
with the filling of the day  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

### PUDDING

Apple crumble & custard  
**Milk Gluten**

Marble sponge **Gluten Egg**  
with custard **Milk**

Chocolate crispy **Gluten**  
& strawberry milkshake **Milk**

Ice cream tub vanilla  
**Milk**

Butterscotch tart  
**Gluten 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 Fruit yoghurt **Milk, Jelly**



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza <b>Gluten Soya Milk</b> <b>OR</b> Chicken breast herby diced potatoes sweetcorn & carrots	Hunters Chicken <b>Milk Celery Gluten Soya</b> potato balls broccoli & baton carrots	Nottinghamshire sausage <b>Gluten sulphar dioxide</b> hot dog <b>Gluten</b> with jacket wedges, cucumber & carrot sticks	Roast pork, gravy, roast or mashed potatoes, Yorkshire pudding <b>Milk Egg Gluten</b> fresh cabbage & carrots	MSC fish cake <b>Gluten Fish</b> oven chips garden peas , baked beans or sweetcorn
OPTION 2	Jacket potato with the filling of the day cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetable	Jacket potato with the filling of the day cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	Jacket potato with the filling of the day cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	Jacket potato with the filling of the day cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	Jacket potato with the filling of the day cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables
PUDDING	Chocolate & orange muffin <b>Gluten Egg</b>	Shortbread cookie <b>Gluten</b>	Honey cake <b>Milk Egg Gluten</b> & custard <b>Milk</b>	Vanilla sponge cake <b>Gluten Egg</b>	Apple Flapjack <b>Gluten</b>



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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 Fruit yoghurt **Milk, Jelly**



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN

Quorn dippers  
**Gluten**  
baby roast potatoes  
carrots & garden  
peas

Sausage roll  
**Gluten Soya**  
with  
pomme noisettes &  
seasonal vegetables

Beef burger in a bun  
**Soya Milk**  
**Egg, Gluten Sesame Sulphur dioxide**  
jacket wedges  
vegetable sticks

Roast chicken, gravy, roast  
potatoes,  
Yorkshire pudding,  
**Milk Egg Gluten**  
fresh broccoli & carrots

MSC battered fish  
**Gluten Fish**  
oven chips  
garden peas, sweetcorn  
or baked beans

### OPTION 2

Jacket potato  
with the filling of the day  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

Jacket potato  
with the filling of the day  
cheese **Milk**  
baked beans tuna  
mayonnaise **Fish Egg**  
& crunchy vegetables

Jacket potato  
with the filling of the day  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

Jacket potato  
with the filling of the day  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

Jacket potato  
with the filling of the day  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

### PUDDING

Noah's Apple sponge **Egg Gluten**  
& custard **Milk**  
Recipe from a pupil at  
Mapperley Plains primary school

Chocolate brownie  
**Gluten**

Strawberry ice cream tub  
**Milk**

Mousse  
**Milk**

Crispy jam tart  
**Sulphar dioxide Gluten**  
with custard **Milk**



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