

# 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

Dippers **Gluten**,  
diced potatoes,  
sweetcorn  
& sliced carrots

Nottinghamshire sausage  
hot dog  
**Gluten Sesame Sulphur dioxide**  
potato wedges  
crunchy vegetables

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  
& mixed salad

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

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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**  
& vanilla sauce **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

No sausage roll,  
**Gluten Soya Milk**  
potato balls,  
broccoli, carrots &  
gravy

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

Cheesy tomato pasta  
**Mustard Soya Milk Gluten**  
garlic bread  
**Gluten Milk Soya**  
crunchy vegetables

Nottinghamshire 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  
& 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

Vanilla cookie  
**Gluten**

Chocolate sponge  
**Gluten Egg**  
& chocolate custard **Milk**

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

Lemon drizzle muffin  
**Egg Gluten Sulphur Dioxide**

Pancake **Gluten Egg Milk**  
fruit & mango coulis



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# WEEK 3

WEEK COMMENCING

18 Nov, 9 Dec, 30 Dec, 20 Jan, 10 Feb,  
3 March, 24 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

Margherita pizza  
**Soya Milk Gluten**  
diced potatoes  
& crunchy vegetables

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

Pasta shell Bolognese  
**Gluten Mustard Soya Fish**  
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,  
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**

Fruit flapjack  
**Gluten**

Chocolate ice cream roll  
**Soya Milk Egg Gluten**

Jelly & shortbread  
**Gluten**

Butterscotch tart  
**Milk Gluten**



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