

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 pomme noisettes, sweetcorn & sliced carrots	Chicken & coconut curry, Milk mixed rice & naan bread Gluten	French bread pizza, Milk Gluten Sesame potato balls, carrot & cucumber sticks	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes, carrots, cabbage & gravy	MSC fish portion, Fish Gluten oven chips, garden peas & sweetcorn
OPTION 2	Jacket potato with the filling of the day cheese Milk baked beans tuna mayonnaise Fish Egg & vegetable sticks	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk or tuna mayonnaise Fish Egg vegetable sticks crisps	Jacket potato with the filling of the day cheese Milk baked beans tuna mayonnaise Fish Egg & vegetable sticks	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk or ham vegetable sticks crisps	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	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 roast potatoes, broccoli, carrots & gravy	Cottage Pie Fish , mashed potatoes, Yorkshire pudding, Milk Egg Gluten sweetcorn & green beans	Chinese chicken & vegetables Soya Gluten mixed rice	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 garden peas
OPTION 2	Jacket potato with the filling of the day cheese Milk baked beans tuna mayonnaise Fish Egg & vegetable sticks	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk or tuna mayonnaise Fish Egg vegetable sticks crisps	Jacket potato with the filling of the day cheese Milk baked beans tuna mayonnaise Fish Egg & vegetable sticks	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk or ham vegetable sticks crisps	Jacket potato with the filling of the day cheese Milk baked beans tuna mayonnaise Fish Egg & vegetable sticks
PUDDING	Chocolate muffin Gluten Egg & custard Milk	Vanilla cookie Gluten	Cornflake tart Gluten Sulphur dioxide & custard Milk	Fresh Fruit & Yogurt Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide



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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
pomme noisettes
& 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, oven
chips, sweetcorn
& garden peas

OPTION 2

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

Build your own lunch!
Sandwich (Gluten Soya)
Fillings:
cheese **Milk**
or
tuna mayonnaise **Fish Egg**
vegetable sticks crisps

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

Build your own lunch!
Sandwich (Gluten Soya)
Fillings:
cheese **Milk**
or
ham
vegetable sticks crisps

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**

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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