

# 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

Mediterranean chicken  
tagliatelle **Milk Soya Mustard**  
**Gluten**  
garlic bread,  
**Soya Milk Gluten**  
broccoli

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

Vegetable chilli  
with cheese **Milk,**  
mixed rice  
& nacho's

Jacket potato,  
cheese **Milk,**  
baked beans  
**OR**  
beef & BBQ bean chilli  
& mixed salad

Roasted vegetable pasta,  
**Mustard Soya Gluten**  
garlic bread,  
**Soya Milk Gluten**  
carrot & cucumber sticks

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

Cheese & bean parcel,  
**Milk Gluten**  
oven chips,  
minted 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**

Vanilla ice cream pot  
**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	Vegetarian roll, <b>Gluten Soya Milk</b> roast potatoes, broccoli, carrots & gravy	Corned beef hash <b>Fish</b> , mashed potatoes, Yorkshire pudding, <b>Milk Egg Gluten</b> sweetcorn & green beans	Chicken Tikka Wrap, <b>Milk Gluten</b> mixed rice & mixed salad	Nottinghamshire sausage <b>Gluten Sulphur dioxide</b> <b>OR</b> Plant-based sausage <b>Soya Sulphur dioxide</b> mashed potatoes, carrots, cabbage & gravy	MSC cod dog, <b>Fish Gluten Sesame</b> with tomato ketchup, oven chips, baked beans, or minted garden peas
OPTION 2	Cauliflower & broccoli bake, <b>Gluten Milk</b> pommes noisettes & garlic bread <b>Soya Milk Gluten</b>	Jacket potato, cheese <b>Milk</b> , baked beans & crunchy vegetable sticks	Tomato & basil pasta, <b>Mustard Soya Gluten</b> garlic bread <b>Soya Milk Gluten</b> & mixed salad	Jacket potato, cheese <b>Milk</b> , baked beans or tuna mayonnaise <b>Egg Fish</b> & crunchy vegetable sticks	Fishless fingers <b>Gluten</b> in a hot dog roll, <b>Gluten sesame</b> tomato ketchup, oven chips, baked beans or minted garden peas
PUDDING	Chocolate sponge <b>Gluten Egg</b> & custard <b>Milk</b>	Vanilla cookie <b>Gluten</b>	Cornflake tart <b>Gluten Sulphur dioxide</b> & custard <b>Milk</b>	Lemon drizzle muffin <b>Egg Gluten Sulphur Dioxide</b>	Pancake <b>Gluten</b> frozen yoghurt <b>Milk</b> & raspberry 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza, <b>Soya Milk Gluten</b> diced potatoes & crunchy vegetables	All day brunch Nottinghamshire sausage, <b>Gluten Sulphur dioxide</b> omelette <b>Egg Milk</b> , baked beans, hash brown, roast tomato & tomato ketchup	Pasta shell Bolognese, <b>Gluten Mustard Soya Fish</b> garlic bread <b>Soya Milk Gluten</b> & sweetcorn	Roast gammon <b>OR</b> Roast Quorn <b>Milk Egg</b> , mashed & roast potatoes, green cabbage, sliced carrots & gravy	Fish fingers <b>Gluten Fish</b> , tomato ketchup, diced potatoes, sweetcorn & minted Garden peas
OPTION 2	Meatfree ball & cheese sub roll, <b>Gluten Soya Egg Milk Sesame</b> diced potatoes & crunchy vegetables	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	Cheesy tomato pasta shells, <b>Milk Gluten Mustard Soya</b> garlic bread <b>Soya Milk Gluten</b> & sweetcorn	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	Tuna pasta bake, <b>Mustard Soya Milk Fish Gluten</b> crusty bread, <b>Gluten Sesame</b> sweetcorn & minted Garden peas
PUDDING	Raspberry swirl sponge <b>Egg Gluten</b> & custard <b>Milk</b>	Cherry flapjack <b>Gluten</b>	Chocolate ice cream roll <b>Soya Milk Egg Gluten</b> & chocolate sauce <b>Milk</b>	Jelly & shortbread <b>Gluten</b>	Butterscotch tart <b>Milk Gluten</b>



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