

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 <i>Gluten</i> diced potatoes, sweetcorn & sliced carrots	Chicken & coconut curry, <i>Milk</i> mixed rice & naan bread <i>Gluten</i>	French bread pizza, <i>Milk Gluten Sesame</i> potato balls, carrot & cucumber sticks	Roast gammon Yorkshire pudding, <i>Milk Egg Gluten</i> baby roast potatoes, green cabbage, sliced carrots & gravy	MSC fish portion, <i>Fish Gluten</i> oven chips, mushy peas & sweetcorn
OPTION 2	Build your own lunch! Sandwich (<i>Gluten Soya</i>) Fillings: cheese <i>Milk</i> vegetable sticks crisps fruit or Frube yogurt <i>Milk</i> or pudding of the day	Jacket potato with the filling of the day! cheese <i>Milk</i> baked beans tuna mayonnaise <i>Fish Egg</i> & vegetable sticks	Build your own lunch! Sandwich (<i>Gluten Soya</i>) Fillings: ham vegetable sticks crisps fruit or Frube yogurt <i>Milk</i> or pudding of the day	Jacket potato with the filling of the day! cheese <i>Milk</i> baked beans tuna mayonnaise <i>Fish Egg</i> & vegetable sticks	Build your own lunch! Sandwich (<i>Gluten Soya</i>) Fillings: tuna mayonnaise <i>Fish Egg</i> vegetable sticks crisps fruit or Frube yogurt <i>Milk</i> or pudding of the day
PUDDING	Honey cake <i>Milk Egg Gluten</i>	Chocolate brownie <i>Gluten</i>	Vanilla sponge <i>Gluten Egg</i> & custard <i>Milk</i>	Iced sprinkle cookie <i>Gluten</i>	Ice cream <i>Milk</i>



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WEEK 2

WEEK COMMENCING

11 Nov, 2 Dec, 23 Dec, 13 Jan,
3 Feb, 24 Feb, 17 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	Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy	Tomato & basil pasta Mustard Soya Gluten garlic bread Soya Milk Gluten & sweetcorn	Chinese chicken & vegetables Soya Gluten mixed rice	Nottinghamshire sausage Gluten 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	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day	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: ham vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day	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: tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Pancake Gluten frozen yoghurt Milk & raspberry coulis	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
MAIN	Margherita pizza, Soya Milk Gluten diced potatoes & crunchy vegetables	Nottinghamshire sausage Gluten Sulphur dioxide mashed potatoes, yorkshire pudding Milk Egg Gluten baked beans or peas & gravy	Pasta shell Bolognese, Gluten Mustard Soya Fish garlic bread Soya Milk Gluten & sweetcorn	Roast gammon & pineapple roast potatoes, broccoli, sliced carrots & gravy	Fish fingers Gluten Fish , tomato ketchup, potatoes balls, sweetcorn & garden peas
OPTION 2	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day	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: ham vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day	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: tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day
PUDDING	Chocolate ice cream roll Soya Milk Egg Gluten & chocolate sauce Milk	Cherry flapjack Gluten	Raspberry swirl muffin Egg Gluten & custard Milk	Butterscotch tart Milk Gluten	Jelly & shortbread Gluten



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