

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	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	French bread pizza Milk Gluten Sesame	Roast Beef OR Roast Quorn Milk Egg Yorkshire pudding Milk Egg Gluten	MSC fish portion Fish Gluten
SIDES	Diced potatoes, sweetcorn & sliced carrots	Mashed potatoes, carrots, cabbage & gravy	Potato balls, carrot & cucumber sticks	Baby roast potatoes, green cabbage, sliced carrots & gravy	Oven chips, baked beans & sweetcorn
PUDDING	Icky sticky sponge Milk Egg Gluten & cream Milk	Chocolate cornflake cake Gluten	Vanilla sponge Gluten Egg & custard Milk	Iced sprinkle cookie Gluten	Ice cream tub 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	Margherita pizza Gluten Soya Milk	Beef burger in a bun Soya Milk Egg Gluten Sesame Sulphur dioxide	Mediterranean chicken tagliatelle Soya Gluten Milk Egg Mustard	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	MSC cod dog Fish Gluten Sesame with tomato ketchup
SIDES	Herby diced potatoes, sweetcorn & coleslaw Egg	Jacket wedges & vegetable sticks	Garlic bread Soya Milk Gluten & sweetcorn	Mashed potatoes, carrots, cabbage & gravy	Oven chips, & baked beans
PUDDING	Chocolate sponge Gluten Egg Milk & custard Milk	Vanilla cookie Gluten	Cornflake tart Gluten Sulphur dioxide & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Frozen yoghurt Milk & raspberry coulis



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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

All day brunch
Nottinghamshire sausage
Gluten Sulphur dioxide

Pasta shell Bolognese
Gluten Mustard Soya Fish

Roast Gammon
OR
Roast Quorn Milk Egg

Fish fingers
Gluten Fish
Tomato ketchup

SIDES

Diced potatoes
& crunchy vegetables

Omelette **Egg Milk**,
baked beans, hash brown,
roast tomato
& tomato ketchup

Garlic bread
Soya Milk Gluten
& sweetcorn

Mashed & roast potatoes,
green cabbage,
sliced carrots & gravy

Diced potatoes,
sweetcorn
& minted garden peas

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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