

# 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<br><b>Gluten</b>             | Mediterranean Chicken Tagliatelle<br><b>Milk Gluten Mustard Soya Egg</b> | French bread pizza<br><b>Milk Gluten Sesame</b> | Roast Beef<br><b>OR</b><br>Roast Quorn <b>Milk Egg</b><br>Yorkshire pudding<br><b>Milk Egg Gluten</b> | MSC fish portion<br><b>Fish Gluten</b> |
| SIDES   | Diced potatoes, sweetcorn & sliced carrots | Garlic bread<br><b>Soya Milk Gluten</b> & sweetcorn                      | Potato balls, carrot & cucumber sticks          | Baby roast potatoes, green cabbage, sliced carrots & gravy  | Oven chips, mushy peas & sweetcorn     |
| PUDDING | Strawberry shortcake<br><b>Milk Gluten</b> | Chocolate brownie<br><b>Gluten</b>                                       | Ice cream tub<br><b>Milk</b>                    | Iced sprinkle cookie<br><b>Gluten</b>   | Mousse<br><b>Milk</b>                  |



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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 |
|--|--------|---------|-----------|----------|--------|
|--|--------|---------|-----------|----------|--------|

|                |  |  |  |   |   |
|----------------|--|--|--|---|---|
| <b>MAIN</b>    | Vegetarian roll<br><b>Gluten Soya Milk</b>               | Pork burger in a bun<br><b>Soya Milk Egg Gluten Sesame Sulphar dioxide</b> | Chinese chicken & vegetables<br><b>Soya Gluten</b>                 | Nottinghamshire sausage<br><b>Gluten Sulphur dioxide</b><br><b>OR</b><br>plant-based sausage<br><b>Soya Sulphur dioxide</b> | MSC cod dog<br><b>Fish Gluten Sesame</b><br>with tomato ketchup     |
| <b>SIDES</b>   | Roast potatoes, broccoli, carrots & gravy                | Jacket wedges & vegetable sticks   | Mixed rice   | Mashed potatoes, carrots, cabbage & gravy   | Oven chips, baked beans or minted garden peas                       |
| <b>PUDDING</b> | Chocolate sponge<br><b>Gluten Egg &amp; custard Milk</b> | Vanilla cookie<br><b>Gluten</b>  | Cornflake tart<br><b>Gluten Sulphur dioxide &amp; custard Milk</b> | Lemon drizzle muffin<br><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

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

### SIDES

### PUDDING

Margherita pizza  
**Soya Milk Gluten**

Diced potatoes  
& crunchy vegetables

Rice pudding  
**Milk**

All day brunch  
Nottinghamshire sausage  
**Gluten Sulphur dioxide**

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

Cherry flapjack  
**Gluten**

Pasta shell Bolognese  
**Gluten Mustard Soya Fish**

Garlic bread  
**Soya Milk Gluten**  
& sweetcorn

Chocolate ice cream roll  
**Soya Milk Egg Gluten**  
& chocolate sauce **Milk**

Roast Gammon  
**OR**  
Roast Quorn **Milk Egg**

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

Jelly & shortbread  
**Gluten**

Fish fingers  
**Gluten Fish**  
Tomato ketchup

Diced potatoes,  
sweetcorn  
& minted garden peas

Butterscotch tart  
**Milk Gluten**



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