

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



Quorn dippers
Gluten
diced potatoes,
sweetcorn
& sliced carrots

TUESDAY



Chicken & coconut curry
Milk
mixed rice
& naan bread **Gluten**

WEDNESDAY



French bread pizza
Milk Gluten Sesame
potato balls,
carrot & cucumber sticks

THURSDAY



Roast Beef
OR Roast Quorn **Milk Egg**
Yorkshire pudding
Milk Egg Gluten
baby roast potatoes,
green cabbage,
sliced carrots & gravy

FRIDAY



Vegan roll
Gluten
oven chips,
& garden peas

MAIN

Icky sticky sponge
Milk Egg Gluten & cream Milk



Chocolate brownie
Gluten



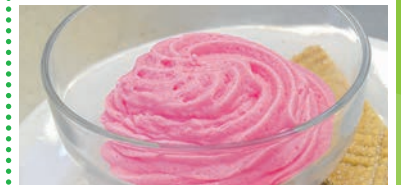
Vanilla sponge **Gluten Egg**
& custard **Milk**



Iced sprinkle cookie
Gluten



Mousse
Milk



PUDDING



Nottinghamshire
County Council

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



Vegetarian roll
Gluten Soya Milk
roast potatoes,
broccoli, carrots
& gravy

TUESDAY



Cheesy tomato pasta
Milk Gluten Mustard Soya
Garlic bread
Soya Milk Gluten
& crunchy vegetables

WEDNESDAY



Chicken fajitas
Gluten Milk
Diced potatoes
& mixed salad

THURSDAY



Nottinghamshire sausage
Gluten Sulphur dioxide
OR plant-based sausage
Soya Sulphur dioxide
mashed potatoes,
carrots, cabbage & gravy

FRIDAY



MSC cod dog
Fish Gluten Sesame
with tomato ketchup
oven chips,
baked beans
or minted garden peas

MAIN

Chocolate sponge
Gluten Egg
& custard **Milk**

Vanilla cookie
Gluten

Cornflake tart
Gluten Sulphur dioxide
& custard **Milk**

Lemon drizzle muffin
Egg Gluten Sulphur Dioxide

Pancake **Gluten**
frozen yoghurt **Milk**
& raspberry coulis

PUDDING



Nottinghamshire
County Council

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



Margherita pizza
Soya Milk Gluten
diced potatoes
& crunchy vegetables

TUESDAY



All day brunch
Nottinghamshire sausage
Gluten Sulphur dioxide
omelette **Egg Milk**,
baked beans, hash brown,
roast tomato & ketchup

WEDNESDAY



Pasta shell Bolognese
Gluten Mustard Soya Fish
garlic bread
Soya Milk Gluten
& sweetcorn

THURSDAY



Roast Gammon
OR
Roast Quorn **Milk Egg**
mashed & roast potatoes,
green cabbage,
sliced carrots & gravy

FRIDAY



Fish fingers
Gluten Fish
Tomato ketchup
diced potatoes,
sweetcorn
& minted garden peas

MAIN

Raspberry swirl sponge
Egg Gluten
& custard **Milk**

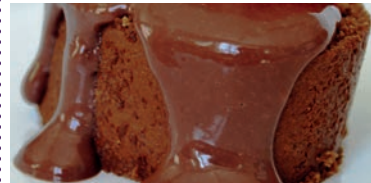
Cherry flapjack
Gluten

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

Jelly & shortbread
Gluten

Butterscotch tart
Milk Gluten

PUDDING



Nottinghamshire
County Council