

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	Jacket potato, cheese Milk , & baked beans	2 in 1 roll with ham Soya Egg Gluten Sesame Or Cheese Soya Egg Gluten Sesame Milk	Veggie roll Gluten	Beans on toast Soya Gluten	Nottinghamshire sausage hot dog Gluten sulphur dioxide
SIDES	Vegetable crudites	Vegetable crudites	Vegetable crudites	Vegetable crudites	Vegetable crudites
PUDDING	Mousse Milk	Shortbread biscuit Gluten	Chocolate brownie Gluten	Fruit portion	Fruit yogurt Milk



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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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Jacket potato, cheese Milk , or baked beans	Pizza muffin Soya Milk Gluten sesame	2 in 1 roll with ham Soya Egg Gluten Sesame Or Cheese Soya Egg Gluten Sesame Milk	Jacket potato, cheese Milk , & baked beans	Quorn dipper wrap Gluten
SIDES	Vegetable crudites	Vegetable crudites	Vegetable crudites	Vegetable crudites	Vegetable crudites
PUDDING	Jelly	Flapjack Gluten	Chocolate brownie gluten	Shortbread biscuit Gluten	Raspberry ice cream roll Soya Milk Egg 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

Beans on toast
Gluten Soya

Jam **Gluten Soya Sulphur dioxide** or cheese **Gluten Soya Milk** sandwich

Pizza slice
Gluten Soya Milk

2 in 1 roll with ham
Soya Egg Gluten Sesame
Or Cheese
Soya Egg Gluten Sesame Milk

Cheese crumpet
Gluten Milk

SIDES

Vegetable crudites

Vegetable crudites

Vegetable crudites

Vegetable crudites

Vegetable crudites

PUDDING

Jelly

Yogurt
Milk

Flapjack
gluten

Mousse
Milk

Ice cream tub
Milk



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