

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

MAIN

Quorn dippers
Gluten

Chicken & coconut curry
Milk

French bread pizza
Milk Gluten Sesame

Roast Beef

MSC fish portion
Fish Gluten

SIDES

Diced potatoes,
sweetcorn
& sliced carrots

Mixed rice
& naan bread **Gluten**

Potato balls,
carrot & cucumber sticks

Baby roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips,
mushy peas
& sweetcorn

PUDDING

Vanilla ice cream tub
Milk

Chocolate brownie
Gluten

Mousse
Milk

Iced sprinkle cookie
Gluten

Chocolate crispy **Gluten**
& milkshake **Milk**



Nottinghamshire
County Council

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
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MAIN	Vegetarian roll Gluten Soya Milk	Tomato & basil pasta Mustard Soya Gluten	Chinese tikka wrap Gluten Milk	Nottinghamshire sausage Gluten Sulphur dioxide	MSC cod dog Fish Gluten Sesame with tomato ketchup
SIDES	Roast potatoes, broccoli, carrots & gravy	Garlic bread Soya Milk Gluten crunchy vegetables	Potato wedges sweetcorn	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or minted garden peas
PUDDING	Chocolate brownie Gluten & custard Milk	Vanilla cookie Gluten	Cornflake tart Gluten Sulphur dioxide & custard Milk	Marble muffin Gluten	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
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MAIN	Margherita pizza Soya Milk Gluten	All day brunch Nottinghamshire sausage Gluten Sulphur dioxide	Pasta shell Bolognese Gluten Mustard Soya Fish	Roast Gammon	Fish fingers Gluten Fish Tomato ketchup
SIDES	Diced potatoes & crunchy vegetables	Baked beans, hash brown, & tomato ketchup	Garlic bread Soya Milk Gluten & sweetcorn	Mashed & roast potatoes, green cabbage, sliced carrots & gravy	Diced potatoes, sweetcorn & minted garden peas
PUDDING	Marble slice Gluten & custard Milk	Fruit flapjack Gluten	Strawberry ice cream tub Milk	Jelly & shortbread Gluten	Butterscotch tart Milk Gluten

