

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
diced potatoes,
sweetcorn
& sliced carrots

Chicken pasta
Mustard Soya Gluten
garlic bread
Soya Milk Gluten
vegetable sticks

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

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

MSC fish portion,
Fish Gluten
oven chips,
mushy peas
& sweetcorn

OPTION 2

Sandwich (**Gluten Soya**)
Fillings: cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**
vegetable sticks, crisps
fruit or Frube yogurt **Milk**
or pudding of the day

Jacket potato,
cheese **Milk,**
baked beans
OR
beef & BBQ bean chilli
& mixed salad

Roasted vegetable pasta,
Mustard Soya Gluten
garlic bread,
Soya Milk Gluten
carrot & cucumber sticks

Sandwich (**Gluten Soya**)
Fillings: cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**
vegetable sticks, crisps
fruit or Frube yogurt **Milk**
or pudding of the day

Jacket potato,
cheese **Milk,**
baked beans
& crunchy vegetables

PUDDING

Honey cake
Milk Egg Gluten

Chocolate brownie
Gluten

Vanilla muffin
Gluten Egg

Iced sprinkle cookie
Gluten

Ice cream
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	Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy	Pork meatballs Egg Gluten, & gravy mashed potatoes, Yorkshire pudding Gluten egg milk, carrots & green beans	BBQ chicken wrap Gluten, mixed rice, carrot & cucumber sticks	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide Yorkshire pudding Milk Egg Gluten mashed potatoes, carrots, cabbage & gravy	MSC fish finger wrap Fish Gluten with tomato ketchup, oven chips, baked beans, or sweetcorn
OPTION 2	Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day	Jacket potato, cheese Milk, baked beans & crunchy vegetable sticks	Tomato & basil pasta, Mustard Soya Gluten garlic bread Soya Milk Gluten & mixed salad	Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks, crisps fruit or Frube yogurt Milk or pudding of the day	Fishless finger wrap Gluten tomato ketchup, oven chips, baked beans or sweetcorn
PUDDING	Marble slice Gluten	Vanilla cookie Gluten	Chocolate crispy Gluten	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Pancake 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
MAIN	Margherita pizza, Soya Milk Gluten diced potatoes & crunchy vegetables	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide Yorkshire pudding Milk Egg Gluten mashed potatoes, carrots, cabbage & gravy	Cheesy tomato pasta shells Gluten Mustard Soya Milk garlic bread Soya Milk Gluten & sweetcorn	Roast gammon OR Roast Quorn Milk Egg , Yorkshire pudding Milk Egg Gluten , mashed potatoes, green cabbage, sliced carrots & gravy	Fish fingers Gluten Fish , tomato ketchup, diced potatoes, sweetcorn & minted Garden peas
OPTION 2	Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks, crisps fruit or Frube yogurt Milk or pudding of the day.	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & vegetable sticks	Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks, crisps fruit or Frube yogurt Milk or pudding of the day.	Jacket potato, cheese Milk , baked beans & mixed salad
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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