

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 Gluten , jacket wedges, sweetcorn & sliced carrots	Chicken curry Milk , mixed rice & naan bread Gluten	French bread pizza, Milk Gluten Sesame potato balls, carrot & cucumber sticks	Roast Chicken Yorkshire pudding Milk Egg Gluten , mashed potatoes, green cabbage, sliced carrots & gravy	MSC fish portion, Fish Gluten oven chips, & minted peas
OPTION 2	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad	Jacket potato, cheese Milk , baked beans & mixed salad
PUDDING	Vegan marble slice Gluten	Spiced carrot cake Gluten Egg Sulphur dioxide	Butterscotch tart Milk Gluten	Iced sprinkle cookie Gluten	Ice cream tub 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

MAIN

Vegetarian roll,
Gluten Soya Milk
pomme
noisettes,
broccoli, carrots
& gravy

Chicken tikka wrap **Gluten**
& jacket wedges

Cheesy tomato pasta
Mustard Soya Milk Gluten
& garlic slice
Gluten Milk Soya

Nottinghamshire sausage
Gluten Sulphur dioxide
mashed potatoes,
carrots, cabbage & gravy

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

OPTION 2

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

PUDDING

Chocolate brownie
Gluten

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

Yoghurt **Milk**

Vegan lemon drizzle slice
Gluten Sulphur Dioxide

Vanilla cookie
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

Margherita pizza
Soya Milk Gluten
pomme noisettes
& crunchy vegetables

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

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

Roast Gammon,
roast potatoes, green
cabbage,
sliced carrots & gravy

Fish fi ngers **Gluten Fish**,
Tomato ketchup,
oven chips,
sweetcorn
& minted garden peas

OPTION 2

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

PUDDING

Vegan raspberry swirl
sponge
Gluten

Jelly

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

Shortbread
cookie
Gluten

Vanilla slice
Gluten



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