

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 diced potatoes, sweetcorn & sliced carrots	Pasta shell Bolognese, Gluten Mustard Soya Fish garlic bread, Soya Milk Gluten peas & cauliflower	French bread pizza, Milk Gluten Sesame potato balls, carrot & cucumber sticks	Roast beef 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	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks
PUDDING	Carrot cake Sulphar dioxide Egg Gluten	Chocolate brownie Gluten	Vanilla muffin Gluten Egg	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 roast potatoes, broccoli, carrots & gravy	Cottage pie, Soya Milk Gluten Yorkshire pudding, Milk Egg Gluten sweetcorn & green beans	Pasta Neapolitan Mustard Soya Milk Gluten Garlic bread, Gluten Milk Soya carrots & peas	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya 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 with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans tuna mayonnaise Fish Egg & vegetable sticks
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Cornflake tart Gluten Sulphur dioxide & custard Milk	Vanilla cookie 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
mashed potatoes,
broccoli & cauliflower

Cheesy tomato pasta,
Gluten Mustard Soya Milk
garlic bread,
Soya Milk Gluten
peas & sweetcorn

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

Fish fingers **Gluten Fish**,
tomato ketchup,
diced potatoes,
sweetcorn
& minted Garden peas

OPTION 2

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& vegetable sticks

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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