

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

Mediterranean chicken
tagliatelle,
Mustard Soya Milk Egg Gluten
garlic bread **Gluten Milk**
Soya
& mixed salad

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

Roast Turkey
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

AVAILABLE DAILY: Jacket potato with the filling of the day, filled with cheese **Milk** ham or tuna mayonnaise **Egg Fish**

OPTION 2

Filled baguette with
ham
Gluten Sesame
OR
cheese
Gluten Sesame Milk

Filled baguette with
ham
Gluten Sesame
OR
cheese
Gluten Sesame Milk

Filled baguette with
ham
Gluten Sesame
OR
cheese
Gluten Sesame Milk

Filled baguette with
ham
Gluten Sesame
OR
cheese
Gluten Sesame Milk

Filled baguette with
ham
Gluten Sesame
OR
cheese
Gluten Sesame Milk

PUDDING

Icky sticky sponge
Milk Egg Gluten
& cream **Milk**

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Iced sprinkle cookie
Gluten

Mousse
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	Cheesy tomato pasta, Gluten Soya Milk Mustard garlic bread, Gluten Soya Milk & vegetable sticks	Cottage Pie, Fish sweetcorn & green beans	Chinese chicken & vegetables Soya Gluten mixed rice	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
AVAILABLE DAILY: Jacket potato filled with cheese Milk ham or tuna mayonnaise Egg Fish					
OPTION 2	Filled baguette with ham Gluten Sesame OR cheese Gluten Sesame Milk	Filled baguette with ham Gluten Sesame OR cheese Gluten Sesame Milk	Filled baguette with ham Gluten Sesame OR cheese Gluten Sesame Milk	Filled baguette with ham Gluten Sesame OR cheese Gluten Sesame Milk	Filled baguette with ham Gluten Sesame OR cheese Gluten Sesame Milk
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Vanilla cookie Gluten	Cornflake tart Gluten Sulphur dioxide & custard Milk	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
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MAIN	Margherita pizza, Soya Milk Gluten diced potatoes & crunchy vegetables	Nottinghamshire sausage, Gluten Sulphur dioxide mashed potatoes, seasonal vegetables & gravy	Pasta shell Bolognese, Gluten Mustard Soya Fish garlic bread Soya Milk Gluten & 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
AVAILABLE DAILY: Jacket potato filled with cheese Milk ham or tuna mayonnaise Egg Fish					
OPTION 2	Filled baguette with ham Gluten Sesame OR cheese Gluten Sesame Milk	Filled baguette with ham Gluten Sesame OR cheese Gluten Sesame Milk	Filled baguette with ham Gluten Sesame OR cheese Gluten Sesame Milk	Filled baguette with ham Gluten Sesame OR cheese Gluten Sesame Milk	Filled baguette with ham Gluten Sesame OR cheese Gluten Sesame Milk
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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