

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
tomato ketchup
or BBQ sauce

Beef burger in a
wholemeal bun
Soya Milk Egg Gluten Sesame
sulphur dioxide
pommes noisettes
mixed salad

Cheese parcel,
Milk Gluten
with baked beans
oven chips,
garden peas
& sweetcorn

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
garden peas,
sweetcorn &
tomato ketchup

OPTION 2

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

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**
crunchy vegetables
crisps

Roasted vegetable pasta,
Mustard Soya Gluten
garlic bread,
Soya Milk Gluten
crunchy vegetables

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

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**
crunchy vegetables
crisps

PUDDING

Chocolate sponge
Egg Gluten
& cream **Milk**

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Mousse
Milk

Iced sprinkle cookie
Gluten



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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 pommes noisettes, broccoli, carrots & gravy	Southern style burger in a wholemeal bun Soya Milk Egg Gluten Sesame diced potatoes vegetable sticks	Cheesy tomato pasta, Mustard Soya Gluten Milk garlic bread Soya Milk Gluten & crunchy vegetables	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide Yorkshire pudding, Milk Egg Gluten mashed potatoes, carrots, green beans & gravy	MSC cod dog, Fish Gluten Sesame with tomato ketchup, oven chips, baked beans, or sweetcorn
OPTION 2	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps	Quorn dippers Gluten in a hot dog roll, Gluten sesame tomato ketchup, oven chips, baked beans or sweetcorn
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 cream 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

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
garlic bread
Soya Milk Gluten
& sweetcorn

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

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

OPTION 2

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

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps

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

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps

Cheesy tomato pasta
shells,
Mustard Soya Milk Gluten
crusty bread,
Gluten Sesame
sweetcorn

PUDDING

Raspberry swirl sponge
Egg Gluten
& custard **Milk**

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

Cherry flapjack
Gluten

Jelly & Fruit

Butterscotch tart
Milk Gluten



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