

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 with Diced potatoes, sweetcorn & sliced carrots	Chicken & coconut curry Milk Mixed rice & naan bread Gluten	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
AVAILABLE DAILY: Sandwich Gluten Soya with tuna mayonnaise Fish Egg or cheese Milk					
OPTION 2	Jacket potato, cheese Milk & baked beans	Jacket potato, cheese Milk & baked beans	Jacket potato, cheese Milk & baked beans	Jacket potato, cheese Milk & baked beans	Jacket potato, cheese Milk & baked beans
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

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	Vegetarian roll Gluten Soya Milk Roast potatoes, broccoli, carrots & gravy	Corned beef hash Fish Mashed potatoes, Yorkshire pudding Milk Egg Gluten sweetcorn & green beans	Chinese chicken & vegetables Soya Gluten with 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: Sandwich Gluten Soya with tuna mayonnaise Fish Egg or cheese Milk					
OPTION 2	Jacket potato, cheese Milk & baked beans	Jacket potato, cheese Milk & baked beans	Jacket potato, cheese Milk & baked beans	Jacket potato, cheese Milk & baked beans	Jacket potato, cheese Milk & baked beans
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

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 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, iced
potatoes, sweetcorn
& minted garden peas

OPTION 2

Jacket potato, cheese
Milk & baked beans

Jacket potato, cheese
Milk & baked beans

Jacket potato, cheese
Milk & baked beans

Jacket potato, cheese
Milk & baked beans

Jacket potato, cheese
Milk & baked beans

AVAILABLE DAILY: Sandwich **Gluten Soya** with tuna mayonnaise **Fish Egg** or cheese **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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