

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

Chicken & coconut curry
Milk

French bread pizza
Milk Gluten Sesame

Roast Beef
OR
Roast Quorn **Milk Egg**
Yorkshire pudding
Milk Egg Gluten

MSC fish portion
Fish Gluten

SIDES

Diced potatoes,
sweetcorn
& sliced carrots

Mixed rice
& naan bread **Gluten**

Potato balls,
carrot & cucumber sticks

Baby roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips,
mushy peas
& sweetcorn

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
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MAIN	Vegetarian roll Gluten Soya Milk	Beef & vegetable pie Fish Milk Gluten	Chicken Tikka Wrap Milk Gluten	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	MSC cod dog Fish Gluten Sesame with tomato ketchup
SIDES	Roast potatoes, broccoli, carrots & gravy	Mashed potatoes, Yorkshire pudding, sweetcorn & green beans Milk Egg Gluten	Mixed rice	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or minted garden peas
PUDDING	Chocolate sponge Gluten Egg Milk & 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza Soya Milk Gluten	Nottinghamshire sausage Gluten Sulphur dioxide	Pasta shell Bolognese Gluten Mustard Soya Fish	Roast Gammon OR Roast Quorn Milk Egg	Fish fingers Gluten Fish Tomato ketchup
SIDES	Diced potatoes & crunchy vegetables	Yorkshire pudding Egg Gluten Milk , carrots, cauliflower, mashed potatoes & gravy	Garlic bread Soya Milk Gluten & sweetcorn	Mashed & roast potatoes, green cabbage, sliced carrots & gravy	Diced potatoes, sweetcorn & minted garden peas
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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