

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

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

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

Nottinghamshire sausage,
Gluten Sulphur dioxide
Yorkshire pudding,
Milk Egg Gluten
baby roast potatoes, green
cabbage, sliced carrots & gravy

MSC fish portion,
Fish Gluten
oven chips,
minted
garden peas
& sweetcorn



Build your own lunch!

Sandwich (**Gluten Soya**)
Fillings: cheese, **Milk**
ham or
tuna mayonnaise **Fish Egg**
vegetable sticks,
crisps
fruit or Frube yogurt **Milk**
or pudding of the day

OPTION 2

Meatfree ball
& cheese sub roll,
Gluten Soya Egg Milk Sesame
diced potatoes
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
OR
tuna mayo **Egg Fish** &
mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Cheese & bean parcel,
Milk Gluten
oven chips,
minted garden peas
& sweetcorn

PUDDING

Carrot cake
Egg Gluten Sulphur dioxide

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 roast potatoes, broccoli, carrots & gravy	Nottinghamshire sausage, Gluten Sulphur dioxide , mashed potatoes, Yorkshire pudding, Milk Egg Gluten carrots, broccoli & gravy	Tomato & basil pasta, Mustard Soya Gluten garlic bread Soya Milk Gluten & mixed salad	Roast gammon, mashed potatoes, carrots, cabbage & gravy	Fish finger wrap, Fish Gluten oven chips, peas & tomato ketchup
OPTION 2	Meatfree ball & cheese sub roll, Gluten Soya Egg Milk Sesame diced potatoes & mixed salad	Jacket potato, cheese Milk , baked beans & crunchy vegetable sticks	 Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day	Jacket potato, cheese Milk , baked beans & mixed salad	Cheese & bean parcel, Milk Gluten oven chips, minted garden peas & 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 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,
peas & sweetcorn

All day brunch
Nottinghamshire sausage,
Gluten Sulphur dioxide
omelette **Egg Milk**,
baked beans,
hash brown, roast tomato
& tomato ketchup

Tomato & basil pasta,
Mustard Soya Gluten
garlic bread
Soya Milk Gluten
& sweetcorn

Nottinghamshire sausage,
Gluten Sulphur dioxide,
mashed potatoes,
carrots, cabbage & gravy

Fish finger,
Fish Gluten
diced potatoes,
peas, sweetcorn &
tomato ketchup

OPTION 2

Meat free ball
& cheese sub roll,
Gluten Soya Egg Milk Sesame
diced potatoes
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

 **Build your own lunch!**
Sandwich (**Gluten Soya**)
Fillings: cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps
fruit or Frube yogurt **Milk**
or pudding of the day

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Cheese & bean parcel,
Milk Gluten
diced potatoes,
sweetcorn & 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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