

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

MSC Fish portion
Gluten Fish

Pork burger
Gluten Sulphur dioxide Soya

Nottinghamshire sausage
Gluten Sulphur dioxide
OR
plant-based sausage
Soya Sulphur dioxide

Fish fingers
Fish Gluten

SIDES

Jacket wedges,
sweetcorn
& sliced carrots

New potatoes,
mush peas &
sweetcorn

Potato balls,
carrot & sweetcorn

Baby roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips,
baked beans
& 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	Pork meatballs Egg Gluten	MSC Fish portion Gluten Fish	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	New potatoes, peas & sweetcorn	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or minted garden peas
PUDDING	Chocolate sponge & custard Gluten Egg Milk	Vanilla cookie Gluten	Crispy jam tart & custard Gluten Sulphur dioxide Milk	Honey cake Egg Gluten Milk	Chocolate crispy cake Gluten



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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 OR plant-based sausage Soya Sulphur dioxide	Pasta shell Bolognese Gluten Mustard Soya Fish	Roast Chicken OR Roast Quorn Milk Egg	Fish fingers Gluten Fish Tomato ketchup
SIDES	Jacket wedges, peas & sweetcorn	Mashed potatoes, carrots, cabbage & gravy	Garlic bread Soya Milk Gluten & sweetcorn	Mashed & roast potatoes, green cabbage, sliced carrots & gravy	Oven chips, sweetcorn & minted garden peas
PUDDING	Raspberry swirl sponge Egg Gluten & custard Milk	Ginger cookie Gluten	Chocolate ice cream roll Soya Milk Egg Gluten & chocolate sauce Milk	Jelly & shortbread Gluten	Butterscotch tart Milk Gluten



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