

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

Hunters chicken
Milk

French bread pizza
Milk Gluten Sesame

Nottinghamshire
sausage
Gluten Sulphur dioxide
Yorkshire pudding
Milk Egg Gluten

MSC fish portion
Fish Gluten

SIDES

Diced potatoes,
sweetcorn
& sliced carrots

New potatoes,
cauliflower & garden
peas

Potato balls,
carrot & cucumber sticks

Mashed potatoes,
broccoli, sliced
carrots & gravy

Oven chips,
garden 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 with fruit
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	Cheesy tomato pasta Milk Gluten Mustard Soya	Chinese chicken & vegetables wraps Soya Gluten	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	MSC fish cake Fish Gluten with tomato ketchup
SIDES	Roast potatoes, broccoli, carrots & gravy	Garlic bread, Milk Soya Gluten sweetcorn & carrot sticks	Carrot sticks & sweetcorn cobbettes	New potatoes, carrots, cabbage & gravy	Oven chips, baked beans or garden peas
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

Nottinghamshire sausage
hot dog
Gluten Sulphur dioxide Sesame

Pasta shell Bolognese
Gluten Mustard Soya Fish

Roast Gammon
OR
Roast Quorn Milk Egg

Fish fingers
Gluten Fish
Tomato ketchup

SIDES

Diced potatoes
& carrot & cucumber
sticks

Hash brown
baked beans,
& sweetcorn cobettes

Garlic bread
Soya Milk Gluten
sweetcorn & carrot sticks

Mashed & roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips
baked beans &
garden peas

PUDDING

Raspberry swirl sponge
Egg Gluten
& custard Milk

Apple flapjack
Gluten

Chocolate ice cream
roll
Soya Milk Egg Gluten

Jelly & fruit

Butterscotch tart
Milk Gluten



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