

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

SIDES

PUDDING

Quorn dippers
Gluten

Diced potatoes, sweetcorn & sliced carrots

Apple muffin
Egg Gluten

Cheesy tomato pasta
Mustard Soya Milk Gluten

Crusty bread
Gluten sesame
Crunchy vegetables

Chocolate brownie
Gluten

Margherita pizza
Soya Milk Gluten

Potato balls, carrot & cucumber sticks

Vanilla sponge
Gluten Egg
& custard **Milk**

Roast Turkey
OR
Roast Quorn
Milk Egg

Mashed potatoes, green cabbage, sliced carrots & gravy

Iced sprinkle cookie
Gluten

MSC fish portion
Fish Gluten

Oven chips, garden peas & sweetcorn

Mousse
Milk



Nottinghamshire
County Council

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
MAIN	Vegetarian roll Gluten Soya Milk	Beef burger in a wholemeal bun Soya Milk Egg Gluten Sesame Sulphur dioxide	Pasta Americana Soya Gluten Mustard	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	Potato balls & mixed salad	Garlic bread Soya Milk Gluten Crunchy vegetables	Mashed potatoes, carrots & cabbage	Oven chips, baked beans or minted garden peas
PUDDING	Chocolate muffin Gluten Egg	Vanilla cookie Gluten	Cornflake tart Gluten Sulphur dioxide & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Ice cream tub Milk & wafers Soya Gluten



Nottinghamshire
County Council

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
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

Potato balls,
&
baked beans

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

Cherry flapjack
Gluten

Chocolate ice cream roll
Soya Milk Egg Gluten

Jelly & shortbread
Gluten

Butterscotch tart
Milk Gluten



Nottinghamshire
County Council