

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

Cheesy tomato pasta
Gluten Mustard Soya Milk

Nottinghamshire sausage
Gluten Sulphur dioxide
& gravy

French bread pizza
Milk Gluten Sesame

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

MSC fish finger wrap
Fish Gluten

SIDES

Garlic bread
Gluten Soya Milk
& vegetable sticks

Yorkshire pudding
Gluten Egg Milk
Mashed potatoes
carrots & broccoli

Potato balls,
carrot & cucumber sticks

Baby roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips,
garden peas
or baked beans

PUDDING

Strawberry mousse
Milk

Vanilla muffin
Gluten Egg

Chocolate sponge
Gluten Egg
& custard Milk

Iced sprinkle cookie
Gluten

Butterscotch tart
Gluten 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	Margherita pizza Gluten Soya Milk	Roast chicken, stuffing Gluten & gravy	Pasta neapolitan Soya Gluten Milk Mustard	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	MSC Fish fingers Fish Gluten
SIDES	Herby diced potatoes sweetcorn & coleslaw Egg	Roast potatoes broccoli & baton carrots	Garlic bread Gluten Soya Milk & crunchy vegetables	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or garden peas
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Shortbread cookie Gluten	Honey cake Milk Egg Gluten & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Apple flapjack 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

MAIN

Quorn dipper wrap
Gluten

Spaghetti bolognese
Soya Gluten Mustard

Nottinghamshire sausage
hot dog
Gluten Sesame Sulphur dioxide

Roast Gammon
OR
Roast Quorn **Milk Egg**

Msc battered fish
Gluten Fish

SIDES

Baby roast potatoes
carrot sticks
& fresh coleslaw **Egg**

Crusty bread
Gluten Sesame
& sweetcorn

Jacket wedges
& vegetable sticks

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

Oven chips,
garden peas
or baked beans

PUDDING

Noah's apple sponge
& custard **Egg Gluten Milk**

Chocolate muffin
Gluten egg

Frozen yoghurt
Milk

Jelly & shortbread
Gluten

Cornflake tart
Gluten sulphur dioxide
& custard **Milk**



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