

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

Chicken & coconut curry
Milk

French bread pizza
Milk Gluten Sesame

Roast Pork
OR
Roast Quorn **Milk Egg**
Yorkshire pudding
Milk Egg Gluten

MSC fish portion
Fish Gluten

SIDES

Diced potatoes,
sweetcorn
& sliced carrots

Mixed rice
& naan bread **Gluten**

Potato balls,
carrot & cucumber sticks

Baby roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips,
mushy peas
& sweetcorn

PUDDING

Honey cake
Milk Egg Gluten

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Iced sprinkle cookie
Gluten

Mousse
Milk



Nottinghamshire
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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	Savory minced beef	Chinese chicken & vegetables Soya Gluten	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	Fish finger wrap Fish Gluten with tomato ketchup
SIDES	Roast potatoes, broccoli, carrots & gravy	Mashed potatoes, Yorkshire pudding, sweetcorn & green beans Milk Egg Gluten	Mixed rice	Mashed potatoes, carrots, cabbage & gravy	Oven chips, baked beans or minted garden peas
PUDDING	Vanilla cookie Gluten	Fruit & Yogurt Milk	Cornflake tart Gluten Sulphur dioxide & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Ice cream tub Milk



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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

SIDES

PUDDING

Margherita pizza
Soya Milk Gluten

Diced potatoes
& crunchy vegetables

Raspberry swirl sponge
Egg Gluten
& custard **Milk**

Nottinghamshire sausage
Gluten Sulphur dioxide

Oven chips
&
baked beans

Cherry flapjack
Gluten

Pasta shell Bolognese
Gluten Mustard Soya Fish

Garlic bread
Soya Milk Gluten
& sweetcorn

Chocolate ice cream roll
Soya Milk Egg Gluten

Roast Gammon
OR
Roast Quorn **Milk Egg**

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

Jelly

Fish fingers
Gluten Fish
Tomato ketchup

Diced potatoes,
sweetcorn
& minted garden peas

Butterscotch tart
Milk Gluten



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