

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
new potatoes,
sweetcorn
& sliced carrots

Chicken & coconut curry,
Milk
mixed rice, naan bread
Gluten
&
mixed salad

French bread pizza,
Milk Gluten Sesame
potato balls,
carrot & cucumber sticks

Roast beef
OR
Roast Quorn **Milk Egg,**
Yorkshire pudding,
Milk Egg Gluten
baby roast potatoes,
green cabbage,
sliced carrots & gravy

MSC fish portion,
Fish Gluten
oven chips,
garden peas
& sweetcorn



Build your own lunch!

OPTION 2

Sandwich (**Gluten Soya**)
Filling: cheese **Milk**
vegetable sticks
crisps
fruit or Frube yogurt **Milk**
or pudding of the day

Jacket potato,
cheese **Milk,**
baked beans
& mixed salad

Roasted vegetable pasta,
Mustard Soya Gluten
garlic bread,
Soya Milk Gluten
carrot & cucumber sticks

Jacket potato,
cheese **Milk,**
baked beans
& mixed salad

Cheese & bean parcel,
Milk Gluten
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
Milk



**Nottinghamshire
County Council**

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 new potatoes, broccoli, carrots & gravy	Cottage pie Soya Milk Gluten , mashed potatoes, Yorkshire pudding, Milk Egg Gluten sweetcorn & green beans	Chinese chicken & vegetables Soya Gluten mixed rice	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes, carrots, cabbage & gravy	Fish fingers, Fish Gluten with tomato ketchup, oven chips, baked beans, or garden peas
OPTION 2	 Build your own lunch! Sandwich (Gluten Soya) Filling: cheese Milk vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day	Jacket potato, cheese Milk , baked beans & crunchy vegetable sticks	Tomato & basil pasta, Mustard Soya Gluten garlic bread Soya Milk Gluten & mixed salad	Jacket potato, cheese Milk , baked beans & crunchy vegetable sticks	 Build your own lunch! Sandwich (Gluten Soya) Filling: cheese Milk vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day
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
new potatoes
& crunchy vegetables

Nottinghamshire sausage,
Gluten Sulphur dioxide
mashed potato,
seasonal vegetables &
gravy

Spaghetti Bolognese,
Gluten Mustard Soya Fish
garlic bread
Soya Milk Gluten
& sweetcorn

Roast gammon
OR
Roast Quorn **Milk Egg**,
mashed & roast potatoes,
green cabbage,
sliced carrots
& gravy

MSC fish portion
Gluten Fish, tomato
ketchup, diced
potatoes, sweetcorn
& garden peas

OPTION 2

Tomato & basil pasta,
Mustard Soya Gluten
garlic bread
Soya Milk Gluten
& mixed salad

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

Meatfree ball
& cheese sub roll,
Gluten Soya Egg Milk Sesame
diced potatoes
& crunchy vegetables

Jacket potato,
cheese **Milk**,
baked beans
& mixed salad

 **Build your own lunch!**

Sandwich (**Gluten Soya**)
Fillings: ham or
vegetable sticks
crisps
fruit or Frube yogurt **Milk**
or pudding of the day

PUDDING

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

Cherry flapjack
Gluten

Chocolate ice cream roll
Soya Milk Egg Gluten
& chocolate sauce **Milk**

Jelly & shortbread
Gluten

Butterscotch tart
Milk Gluten



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