

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Quorn dippers Gluten	Chicken curry Milk	Subtastic subs Milk Gluten Sesame	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	MSC fish portion Fish Gluten
SIDES	Diced potatoes, sweetcorn & sliced carrots	Mixed rice & naan bread Gluten	Potato wedges, carrot & cucumber sticks	Yorkshire pudding, Milk Egg Gluten Mashed potatoes, cabbage, carrots & gravy	Oven chips, mushy peas & sweetcorn
PUDDING	Icky sticky sponge Milk Egg Gluten & cream Milk	Chocolate brownie Gluten	Vanilla sponge Gluten Egg & custard Milk	Iced sprinkle cookie Gluten	Ice cream tub 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
MAIN	Vegetarian roll Gluten Soya Milk	Jacket potato with the filling of the day!	Burger or cheese burger in a bun Soya Milk Egg Gluten Sesame Sulphur dioxide	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	MSC Fish fingers wrap Fish Gluten
SIDES	Roast potatoes, broccoli, carrots & gravy	Cheese Milk , baked beans, tuna mayonnaise Egg Fish & mixed salad	Oven chips crunchy vegetables	Mashed potatoes, carrots, cabbage & gravy	Potato wedges, baked beans or minted garden peas tomato ketchup
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Cornflake tart Gluten Sulphur dioxide & custard Milk	Vanilla cookie Gluten	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

All day brunch
Nottinghamshire sausage
Gluten Sulphur dioxide

Spaghetti bolognese
Gluten Mustard Soya

Roast turkey
OR
Roast Quorn Milk Egg

Fish fingers
Gluten Fish
Tomato ketchup

SIDES

Diced potatoes
& crunchy vegetables

Omelette Egg Milk,
baked beans, hash brown,
roast tomato
& tomato ketchup

Garlic bread
Soya Milk Gluten
& sweetcorn

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

Oven chips
& baked beans

PUDDING

Raspberry swirl sponge
Egg Gluten
& custard Milk

Flapjack
Gluten

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

Jelly & shortbread
Gluten

Butterscotch tart
Milk Gluten



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