

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 wrap
Gluten

Tomato & basil pasta
Mustard Soya Gluten

French bread pizza
Milk Gluten Sesame

Nottinghamshire sausage
Gluten Sulphur dioxide
OR
plant-based sausage
Soya Sulphur dioxide

MSC fish portion
Fish Gluten

SIDES

Diced potatoes,
sweetcorn
& cucumber

Crusty bread
Gluten Sesame
& vegetable sticks

Potato balls,
carrot & cucumber sticks

Mashed potatoes,
carrots, broccoli &
gravy

Oven chips,
peas &
sweetcorn

PUDDING

Icky sticky muffin
Milk Egg Gluten

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Mousse
Milk

Iced sprinkle cookie
Gluten



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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	Beef burger in a wholemeal roll Soya Milk Egg Gluten Sesame Sulphar Dioxide	Pasta Neapolitan Milk Gluten Soya Mustard	Roast Chicken OR Roast Quorn Milk Egg	MSC cod dog Fish Gluten Sesame with tomato ketchup
SIDES	Potato balls & baked beans	Potato wedges & sweetcorn cobette	Garlic bread Gluten Milk Soya & crunch vegetables	Stuffing Gluten, carrots, cabbage & gravy	Oven chips, peas & sweetcorn
PUDDING	Jelly	Vanilla cookie Gluten	Cornflake tart Gluten Sulphur dioxide & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Pancake Gluten & frozen yoghurt 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

Margherita pizza
Soya Milk Gluten

All day brunch
Nottinghamshire sausage
Gluten Sulphur dioxide

Spaghetti Bolognese
Gluten Mustard Soya Fish

Roast Gammon
OR
Roast Quorn Milk Egg

Fish fingers
Gluten Fish
Tomato ketchup

SIDES

Potato balls
& crunchy vegetables

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

Garlic bread
Soya Milk Gluten
& sweetcorn

Roast potatoes, broccoli,
sliced carrots & gravy

Oven chips & baked
beans

PUDDING

Raspberry swirl muffin
Egg Gluten

Cherry flapjack
Gluten

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

Ice cream tub
Milk

Butterscotch tart
Milk Gluten



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