

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
diced potatoes,
sweetcorn
& sliced carrots

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

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,
peas &
sweetcorn

OPTION 2

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

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,
minted 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



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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 roast potatoes, broccoli, carrots & gravy	Corned beef hash Fish , mashed potatoes, Yorkshire pudding, Milk Egg Gluten sweetcorn & green beans	Tomato & basil pasta, Mustard Soya Gluten garlic bread Soya Milk Gluten & mixed salad	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes, carrots, cabbage & gravy	MSC cod dog, Fish Gluten Sesame with tomato ketchup, oven chips, baked beans, or garden peas
OPTION 2	Ham & cheese panini, Gluten Milk pommes noisettes & baton carrots	Jacket potato, cheese Milk , baked beans & crunchy vegetable sticks	Meatfree ball & cheese sub roll, Gluten Soya Egg Milk Sesame diced potatoes & crunchy vegetables	 Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day	Fishless fingers Gluten in a hot dog roll, Gluten sesame tomato ketchup, oven chips, baked beans or minted garden peas
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

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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	Margherita pizza, Soya Milk Gluten diced potatoes & crunchy vegetables	All day brunch Nottinghamshire sausage, Gluten Sulphur dioxide bacon, baked beans, hash brown, roast tomato & tomato ketchup	Pasta shell 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	Fish fingers Gluten Fish , tomato ketchup, diced potatoes, sweetcorn & garden peas
OPTION 2	Meatfree ball & cheese sub roll, Gluten Soya Egg Milk Sesame diced potatoes & crunchy vegetables	Jacket potato, cheese Milk , baked beans & mixed salad	Ham & cheese panini, Gluten Milk pommes noisettes & garlic bread Soya Milk Gluten	Build your own lunch! Sandwich (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day	Tuna pasta bake, Mustard Soya Milk Fish Gluten crusty bread, Gluten Sesame sweetcorn & minted Garden peas
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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