

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 , diced potatoes, sweetcorn & sliced carrots	Chicken curry, mixed rice & naan bread Gluten	Pizza slice, Milk Gluten Sesame potato balls, carrot & cucumber sticks	Roast Turkey OR Roast Quorn Milk Egg Yorkshire pudding Milk Egg Gluten , baby roast potatoes, seasonal vegetables & gravy	MSC fish portion, Fish Gluten oven chips, garden peas & sweetcorn
OPTION 2	Jacket potato, cheese Milk , tuna mayonnaise Fish Egg baked beans & mixed salad	Jacket potato, cheese Milk , tuna mayonnaise Fish Egg baked beans & mixed salad	Jacket potato, cheese Milk , tuna mayonnaise Fish Egg baked beans & mixed salad	Jacket potato, cheese Milk , tuna mayonnaise Fish Egg baked beans & mixed salad	Jacket potato, cheese Milk , tuna mayonnaise Fish Egg baked beans & mixed salad
PUDDING	Icky sticky sponge Milk Egg Gluten & custard Milk	Chocolate brownie Gluten	Vanilla sponge Gluten Egg & custard Milk	Iced sprinkle cookie Gluten	Chocolate crispy Gluten



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WEEK 2

WEEK COMMENCING

11 Nov, 2 Dec, 23 Dec, 13 Jan,
3 Feb, 24 Feb, 17 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
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MAIN	Vegetarian sausage roll, Gluten Soya Milk roast potatoes, seasonal vegetables & gravy	Beef burger in a wholemeal bun Gluten Soya Milk Egg Sesame Sulphur dioxide jacket wedges & crunchy vegetables	Cheesy tomato pasta Gluten Soya Mustard Milk garlic bread Gluten Soya Milk & sweetcorn	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide mashed potatoes, seasonal vegetables & gravy	MSC fish finger wrap Fish Gluten with tomato ketchup, oven chips, baked beans or garden peas
OPTION 2	Jacket potato, cheese Milk , tuna mayonnaise Fish Egg baked beans & mixed salad	Jacket potato, cheese Milk , tuna mayonnaise Fish Egg baked beans & mixed salad	Jacket potato, cheese Milk , tuna mayonnaise Fish Egg baked beans & mixed salad	Jacket potato, cheese Milk , tuna mayonnaise Fish Egg baked beans & mixed salad	Jacket potato, cheese Milk , tuna mayonnaise Fish Egg baked beans & mixed salad
PUDDING	Chocolate sponge Gluten Egg & custard Milk	Vanilla cookie Gluten	Cornflake tart Gluten Sulphur dioxide & custard Milk	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Honey cake Milk Egg Gluten



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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

Cheesy pizza
Soya Milk Gluten
diced potatoes
& crunchy vegetables

All day brunch
Nottinghamshire sausage,
Gluten Sulphur dioxide
egg **Egg Milk**, baked beans,
hash brown
& tomato ketchup

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

Roast Gammon
OR
Roast Quorn **Milk Egg**
mashed & roast potatoes,
seasonal vegetables
& gravy

Fish fingers **Gluten**
Fish, Tomato ketchup,
chips, sweetcorn
& garden peas

OPTION 2

Jacket potato, cheese **Milk**,
tuna mayonnaise **Fish Egg**
baked beans & mixed salad

Jacket potato, cheese **Milk**,
tuna mayonnaise **Fish Egg**
baked beans & mixed salad

Jacket potato, cheese **Milk**,
tuna mayonnaise **Fish Egg**
baked beans & mixed salad

Jacket potato, cheese **Milk**,
tuna mayonnaise **Fish Egg**
baked beans & mixed salad

Jacket potato, cheese **Milk**,
tuna mayonnaise **Fish Egg**
baked beans & mixed salad

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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