

# 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

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

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

Nottinghamshire sausage  
**Gluten Sulphur dioxide**  
**OR**  
Plant-based sausage  
**Soya Sulphur dioxide**  
Yorkshire pudding  
**Gluten Milk Egg**,  
baby roast potatoes,  
carrots, cabbage & gravy

MSC fish portion  
**Fish Gluten**,  
oven chips,  
mushy peas  
& sweetcorn

### OPTION 2

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

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

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

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

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

### PUDDING

Carrot cake  
**Egg Gluten Sulphur dioxide**  
& cream **Milk**

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

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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<b>MAIN</b>	Vegetarian roll, <b>Gluten Soya Milk</b> roast potatoes, broccoli, carrots & gravy	Beef & vegetable pie <b>Milk Gluten,</b> mashed potatoes, Yorkshire pudding, <b>Milk Egg Gluten</b> sweetcorn & green beans	Chicken tikka wrap <b>Gluten</b> potato wedges vegetable sticks	Nottinghamshire sausage <b>Gluten Sulphur dioxide</b> <b>OR</b> Plant-based sausage <b>Soya Sulphur dioxide</b> mashed potatoes, carrots, cabbage & gravy	MSC cod dog <b>Fish Gluten Sesame</b> with tomato ketchup, oven chips, baked beans or minted garden peas
<b>OPTION 2</b>	Jacket potato, cheese <b>Milk,</b> baked beans & mixed salad	Jacket potato, cheese <b>Milk,</b> baked beans & crunchy vegetable s cks	Jacket potato, cheese <b>Milk,</b> baked beans & mixed salad	Jacket potato, cheese <b>Milk,</b> baked beans & mixed salad	Jacket potato, cheese <b>Milk,</b> baked beans & mixed salad
<b>PUDDING</b>	Chocolate sponge <b>Gluten Egg</b> & custard <b>Milk</b>	Vanilla cookie <b>Gluten</b>	Cornflake tart <b>Gluten Sulphur dioxide</b> & custard <b>Milk</b>	Pancake <b>Gluten Egg Milk</b> & ice cream <b>Milk</b>	Lemon drizzle muffin <b>Egg Gluten Sulphur Dioxide</b>



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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**  
diced potatoes  
& crunchy vegetables

All day brunch  
Nottinghamshire sausage,  
**Gluten Sulphur dioxide**  
omlette **Egg Milk**,  
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 &  
minted garden peas

### OPTION 2

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

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

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

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

Jacket potato,  
cheese **Milk**,  
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**

Butterscotch tart  
**Milk Gluten**

Jelly & shortbread  
**Gluten**



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