

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

Chicken & coconut curry
Milk

French bread pizza
Milk Gluten Sesame

Roast pork
OR
Roast Quorn **Milk Egg**
Yorkshire pudding
Milk Egg Gluten

MSC fish portion
Fish Gluten

SIDES

Diced potatoes,
sweetcorn
& sliced carrots

Mixed rice
& naan bread **Gluten**

Potato balls,
carrot & cucumber sticks

Baby roast potatoes,
green cabbage,
sliced 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

Jelly



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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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Vegetarian roll Gluten Soya Milk	Cottage pie	Tomato & basil pasta Soya Gluten Mustard	Nottinghamshire sausage Gluten Sulphur dioxide OR plant-based sausage Soya Sulphur dioxide	MSC cod dog Fish Gluten Sesame with tomato ketchup
SIDES	Roast potatoes, broccoli, carrots & gravy	Mashed potatoes, Yorkshire pudding, Milk Egg Gluten sweetcorn & green beans	Garlic bread Gluten Soya Milk crunchy vegetables	Mashed potatoes, carrots, cabbage & gravy	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

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

Nottinghamshire sausage
Gluten Sulphur dioxide
Yorkshire pudding
Milk Egg Gluten

Pasta shell Bolognese
Gluten Mustard Soya

Roast Gammon
OR
Roast Quorn Milk Egg

Fish fingers
Gluten Fish
Tomato ketchup

SIDES

Diced potatoes
& crunchy vegetables

Mashed potatoes,
seasonal vegetables
& gravy

Garlic bread
Soya Milk Gluten
& sweetcorn

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

Diced potatoes,
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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