

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 or fruit yogurt **Milk**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Quorn dipper wrap,
Gluten
roast potatoes,
crunchy carrots &
cucumber

Pasta Americana,
Mustard Soya Gluten
garlic bread,
Soya Milk Gluten
tomatoes & cucumber

Margherita pizza,
Soya Milk Gluten
potato balls,
carrot stick & sweetcorn

Nottinghamshire Sausage
Gluten Sulphar Dioxide,
Yorkshire pudding,
Milk Egg Gluten
mashed potatoes, seasonal
vegetables & gravy

MSC fish portion,
Fish Gluten
oven chips,
garden peas &
sweetcorn

AVAILABLE DAILY: Sandwich **Gluten Soya with Cheese **milk, ham or tuna** mayonnaise **Fish Egg****

OPTION 2

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

PUDDING

Carrot cake
Gluten Egg Sulphar dioxide

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 or fruit yogurt **Milk**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Vegetarian roll,
Gluten Soya Milk
roast potatoes,
broccoli, carrots
& gravy

Nottinghamshire Sausage
Gluten Sulphur Dioxide,
Yorkshire pudding,
Milk Egg Gluten
mashed potatoes, seasonal
vegetables & gravy

Pasta Neapolitan,
Mustard Soya Gluten Milk
garlic bread,
Soya Milk Gluten
vegetable sticks

Roast gammon,
Yorkshire pudding
Milk Egg Gluten
mashed potatoes, green
cabbage, carrots
& gravy

MSC cod dog,
Fish Gluten Sesame
with tomato ketchup, oven
chips,
baked beans,
or sweetcorn

AVAILABLE DAILY: Sandwich **Gluten Soya with Cheese **milk**, ham or tuna mayonnaise **Fish Egg****

**OPTION
2**

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

PUDDING

Chocolate sponge
Gluten Egg
& custard **Milk**

Shortbread biscuit
Gluten

Cornflake tart
Gluten Sulphur dioxide
& custard **Milk**

Strawberry ice cream pot
Milk

Lemon drizzle muffin
Egg Gluten Sulphur Dioxide



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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 or fruit yogurt **Milk**



MONDAY

Margherita pizza,
Soya Milk Gluten
pomme noisette,
crunchy vegetables

TUESDAY

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

WEDNESDAY

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

THURSDAY

Roast chicken,
Yorkshire pudding,
Milk Egg Gluten
mashed potatoes, seasonal
vegetables & gravy

FRIDAY

Fish fingers **Gluten Fish**,
tomato ketchup, oven
chips, sweetcorn
& garden peas

MAIN

AVAILABLE DAILY: Sandwich **Gluten Soya** with **Cheese milk**, ham or tuna mayonnaise **Fish Egg**

OPTION 2

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

PUDDING

Marble sponge
Egg Gluten
& custard **Milk**

Jelly

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

Butterscotch tart
Milk Gluten

Flapjack
Gluten



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