

# 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 <b>Gluten</b> diced potatoes, sweetcorn & sliced carrots	Chicken & coconut curry, <b>Milk</b> mixed rice & naan bread <b>Gluten</b>	French bread pizza, <b>Milk Gluten Sesame</b> potato balls, carrot & cucumber sticks	Roast beef <b>OR</b> Roast Quorn <b>Milk Egg</b> , Yorkshire pudding, <b>Milk Egg Gluten</b> baby roast potatoes, green cabbage, sliced carrots & gravy	MSC fish portion, <b>Fish Gluten</b> oven chips, mushy peas & sweetcorn
OPTION 2	Vegetable chilli with cheese <b>Milk</b> , mixed rice & nacho's	Jacket potato, cheese <b>Milk</b> , baked beans <b>OR</b> beef & BBQ bean chilli & mixed salad	Roasted vegetable pasta, <b>Mustard Soya Gluten</b> garlic bread, <b>Soya Milk Gluten</b> carrot & cucumber sticks	Jacket potato, cheese <b>Milk</b> , baked beans & mixed salad	Cheese & bean parcel, <b>Milk Gluten</b> oven chips, minted garden peas & sweetcorn
PUDDING	Icky sticky sponge <b>Milk Egg Gluten</b> & cream <b>Milk</b>	Chocolate brownie <b>Gluten</b>	Vanilla sponge <b>Gluten Egg</b> & custard <b>Milk</b>	Iced sprinkle cookie <b>Gluten</b>	Mousse <b>Milk</b>



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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, <b>Gluten Soya Milk</b> roast potatoes, broccoli, carrots & gravy	Corned beef hash <b>Fish</b> , mashed potatoes, Yorkshire pudding, <b>Milk Egg Gluten</b> sweetcorn & green beans	Chinese chicken & vegetables <b>Soya Gluten</b> mixed rice	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
OPTION 2	Cauliflower & broccoli bake, <b>Gluten Milk</b> pommes noisettes & garlic bread <b>Soya Milk Gluten</b>	Jacket potato, cheese <b>Milk</b> , baked beans & crunchy vegetable sticks	Tomato & basil pasta, <b>Mustard Soya Gluten</b> garlic bread <b>Soya Milk Gluten</b> & mixed salad	Vegetable curry, <b>Celery</b> mixed rice & naan bread <b>Gluten</b>	Fishless fingers <b>Gluten</b> in a hot dog roll, <b>Gluten sesame</b> tomato ketchup, oven chips, baked beans or minted garden peas
PUDDING	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>	Lemon drizzle muffin <b>Egg Gluten Sulphur Dioxide</b>	Pancake <b>Gluten</b> frozen yoghurt <b>Milk</b> & 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**  
diced potatoes  
& crunchy vegetables

All day brunch  
Nottinghamshire sausage,  
**Gluten Sulphur dioxide**  
omelette **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

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

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

Cheesy tomato pasta shells,  
**Milk Gluten Mustard Soya**  
garlic bread  
**Soya Milk Gluten**  
& sweetcorn

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

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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