

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 pasta
Mustard Soya gluten

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

Garlic bread
Soya Milk Gluten
vegetable sticks

Potato balls,
carrot & cucumber sticks

Baby roast potatoes,
green cabbage,
sliced carrots & gravy

Oven chips,
mushy peas
& sweetcorn

PUDDING

Honey cake
Milk Egg Gluten

Chocolate brownie
Gluten

Vanilla muffin
Gluten Egg

Iced sprinkle cookie
Gluten

Ice cream
Milk



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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
Gluten Soya Milk

Pork meatballs
Egg Gluten
& gravy

BBQ chicken wrap
Gluten

Nottinghamshire sausage
Gluten Sulphur dioxide
OR
plant-based sausage
Soya Sulphur dioxide

MSC fish finger wrap
Gluten Fish

SIDES

Roast potatoes,
broccoli, carrots
& gravy

Mashed potatoes,
Yorkshire pudding,
Milk Egg Gluten
carrots & green beans

Mixed rice
carrot & cucumber sticks

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

Oven chips,
baked beans
or minted garden peas

PUDDING

Marble slice
Gluten

Vanilla cookie
Gluten

Chocolate crispy
Gluten

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
OR
plant-based sausage
Soya Sulphur dioxide

Cheesy tomato pasta shells
Gluten Mustard Soya Milk

Roast Gammon
OR
Roast Quorn Milk Egg

Fish fingers
Gluten Fish
Tomato ketchup

SIDES

Diced potatoes
& crunchy vegetables

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

Garlic bread
Soya Milk Gluten
& sweetcorn

Yorkshire pudding,
Milk Egg gluten
mashed potatoes,
cabbage, 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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