

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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1

Quorn dippers
Gluten
diced potatoes,
sweetcorn
& sliced carrots

Chicken & coconut curry,
Milk
mixed rice
& naan bread **Gluten**

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

Roast turkey,
Yorkshire pudding,
Milk Egg Gluten
baby roast potatoes, green
cabbage, sliced carrots &
gravy

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

OPTION 2

AVAILABLE DAILY: Filled wholemeal roll Soya Milk Egg Gluten Sesame Ham, Tuna mayonnaise Fish Egg or cheese Milk Served with crisps, salad and a choice of fruit, frube MILK or pudding of the day.

OPTION 3

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

Icky sticky sponge
Milk Egg Gluten
& cream **Milk**

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Iced sprinkle cookie
Gluten

Mousse
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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1

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

Cottage pie
Soya Milk Gluten,
sweetcorn
& green beans

Chicken tikka
wrap
Milk Gluten
mixed rice

Nottinghamshire sausage
Gluten Sulphur dioxide
mashed potatoes,
carrots, cabbage & gravy

MSC cod dog,
Fish Gluten Sesame
with tomato ketchup,
oven chips
& garden peas

OPTION 2

AVAILABLE DAILY: Filled wholemeal roll **Soya Milk Egg Gluten Sesame** **Ham, Tuna mayonnaise** **Fish Egg** **or cheese** **Milk**
Served with crisps, salad and a choice of fruit, frube **MILK** **or pudding of the day.**

OPTION 3

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**

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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION 1

Margherita pizza,
Soya Milk Gluten
diced potatoes
& crunchy vegetables

Nottinghamshire sausage,
Gluten Sulphur dioxide
mashed potato,
seasonal vegetables

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

Roast gammon,
mashed & roast potatoes,
green cabbage,
sliced carrots
& gravy

Fish fingers **Gluten Fish**,
tomato ketchup,
diced potatoes,
sweetcorn
& garden peas

OPTION 2

AVAILABLE DAILY: Filled wholemeal roll **Soya Milk Egg Gluten Sesame Ham, Tuna mayonnaise **Fish Egg** or cheese **Milk**
Served with crisps, salad and a choice of fruit, frube **MILK** or pudding of the day.**

OPTION 3

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

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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