

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 Beef
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

Mousse
Milk



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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. Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Vegetarian roll
Gluten Soya Milk

Corned beef hash
Fish

Chinese chicken
& vegetables
Soya Gluten

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

Mixed rice

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

All day brunch
Nottinghamshire sausage
Gluten Sulphur dioxide

Pasta shell Bolognese
Gluten Mustard Soya Fish

Roast Gammon
OR
Roast Quorn **Milk Egg**

Fish fingers
Gluten Fish
Tomato ketchup

SIDES

Diced potatoes
& crunchy vegetables

Omelette **Egg Milk**,
baked beans, hash brown,
roast tomato
& tomato ketchup

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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