



### Menu Week 1

### Meal deals of the day

all meals come with a dessert of the day  
and a bottle of water or aqua juice

### Chefs Meal of the day

Each meal comes with a dessert  
and a bottle of water or aqua juice

#### Monday



#### Spaghetti Bolognese

Gluten, Fish

or \_\_\_\_\_

#### Rigatoni Florentina pasta

Gluten, Milk

A

#### Garlic slice

Gluten, Milk

B

#### Mixed salad

or \_\_\_\_\_

#### Coleslaw

Egg

#### Tuesday



#### Chicken Fajitas

Gluten

or \_\_\_\_\_

#### Vegetarian Enchiladas

Gluten, Milk

A

#### Noisette potatoes

Milk

or \_\_\_\_\_

#### Savoury rice

B

#### Sweetcorn cobette

or \_\_\_\_\_

#### Green beans

#### Wednesday



#### Roast Pork, stuffing & gravy

Gluten

or \_\_\_\_\_

#### Quorn Roast, stuffing & gravy

Gluten, Egg, Milk

A

#### Creamed potatoes

or \_\_\_\_\_

#### Roasted herby potatoes

B

#### Green cabbage

or \_\_\_\_\_

#### Baton carrots

or \_\_\_\_\_

#### Broccoli

#### Thursday



#### Turkey & vegetable pie & gravy

Milk, Fish, Gluten

or \_\_\_\_\_

#### Potato patch pie & gravy

Gluten, Milk, Celery

A

#### Baby jacket potatoes

or \_\_\_\_\_

#### Jacket wedge potatoes

B

#### Roast parsnip

or \_\_\_\_\_

#### Carrot & swede mash

or \_\_\_\_\_

#### Brussel sprouts

#### Friday



#### Breaded fish with lemon wedge & tartare sauce

Mustard, Fish, Gluten, Egg

or \_\_\_\_\_

#### Quorn fish free finger with lemon wedge & tartare sauce

Gluten, Egg

A

#### Crispy chunky chips

or \_\_\_\_\_

#### New potatoes

B

#### Petit pois

or \_\_\_\_\_

#### Mushy peas

or \_\_\_\_\_

#### Mixed salad

### Dessert of the Day



#### Apple & blackberry crumble & cream

Gluten, Milk

or **Organic yoghurt** Milk

or **Fresh fruit**



#### Coconut sponge & custard

Gluten, Egg, Sulphur dioxide, Milk

or **Organic yoghurt** Milk

or **Fresh fruit**



#### Cornflake tart & custard

Gluten, Sulphur dioxide, Milk

or **Organic yoghurt** Milk

or **Fresh fruit**

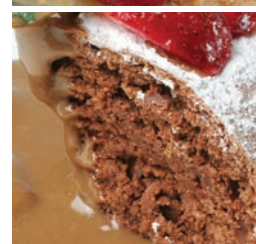


#### butterscotch mousse & shortbread

Gluten, Milk

or **Organic yoghurt** Milk

or **Fresh fruit**



#### magic chocolate pudding & chocolate sauce

Milk, Egg, Gluten

or **Organic yoghurt** Milk

or **Fresh fruit**

+ Choose one item from choice A and one item from choice B



### Menu Week 2

### Meal deals of the day

all meals come with a dessert of the day and a bottle of water or aqua juice



### Chefs Meal of the day

Each meal comes with a dessert and a bottle of water or aqua juice

#### Monday



**Chicken & coconut curry**  
Mustard, Milk, Sulphur dioxide

or

**Vegetable & chick pea curry**  
Mustard, Milk, Gluten



**A**

**Wholegrain rice & Naan bread**  
Milk, Gluten

or

**Noodles**  
Egg, Gluten

**B**

**Mixed salad**  
or

**Minted salad**

#### Tuesday



**Nottinghamshire sausage, yorkshire puddings & gravy**  
Egg, Milk, Gluten

or

**Linda McCartney sausages, yorkshire puddings & gravy**  
Egg, Milk, Gluten, Soya, Sulphur dioxide



**A**

**Creamed potatoes**  
or

**New potatoes**

**B**

**Broccoli**  
or

**Roast parsnips**  
or

**Baton carrots**

#### Wednesday



**Roast Pork, stuffing & gravy**  
Gluten

or

**Quorn Poast, stuffing & gravy**  
Egg, Milk, Gluten



**A**

**Mashed potatoes**  
or

**Roasted new potatoes**

**B**

**Spring cabbage**  
or

**Carrot & swede Mash**  
or

**Cauliflower**

#### Thursday



**Beef pasta bake**  
Fish, Milk, Gluten

or

**Macaroni vegetable cheese**  
Mustard, Milk, Gluten



**A**

**Garlic slice**  
Milk, Gluten

**B**

**Mixed salad**  
or

**Coleslaw**  
Egg

#### Friday



**MSC breaded fish with lemon wedge & tartare sauce**  
Mustard, Milk, Gluten, Egg

or

**Quorn fish free finger with lemon wedge & tartare sauce**  
Gluten, Egg

**A**

**Crispy chunky chips**  
or

**New potatoes**

**B**

**Mushy peas**  
or

**Petit Pois Peas**  
or

**Mixed salad**

### Dessert of the Day



**Butterscotch tart**

Milk, Gluten

or **Organic yoghurt** Milk

or **Fresh fruit**



**Spiced carrot cake & custard**

Egg, Milk, Gluten, Sulphur dioxide

or **Organic yoghurt** Milk

or **Fresh fruit**



**Oatly apple crumble & custard**

Gluten, Milk

or **Organic yoghurt** Milk

or **Fresh fruit**



**Date slice & custard**

Gluten, Milk

or **Organic yoghurt** Milk

or **Fresh fruit**



**Fruits of the forest muffin**

Gluten, Egg

or **Organic yoghurt** Milk

or **Fresh fruit**

 Choose one item from choice **A** and one item from choice **B**



### Menu Week 3

### Meal deals of the day

all meals come with a dessert of the day and a bottle of water or aqua juice

### Chefs Meal of the day

Each meal comes with a dessert and a bottle of water or aqua juice

#### Monday



**Beef & vegetable pie & gravy**  
Gluten, Fish and Milk

or **Cheese & tomato quiche**  
Milk, Egg, Gluten

**A**  
Roast new potatoes

or **Potato croquettes**  
Milk

**B**  
Broccoli

or **Carrots**  
or **Mixed salad**

#### Tuesday



**Mediterranean chicken pasta**  
Gluten, Milk

or **Pasta Neapolitan**  
Gluten, Milk

**A**  
Garlic slice  
Gluten, Milk

or **Potato croquettes**  
Milk

**B**  
Sweetcorn

or **Mixed salad**  
or **Coleslaw**  
Egg

#### Wednesday



**Roast gammon & pineapple**

or **Quorn roast & gravy**  
Milk, Egg

**A**  
Creamed potatoes

or **Herby roasted potatoes mash**

**B**  
Baton carrots

or **Cauliflower**  
or **Green cabbage**

#### Thursday



**Venison burger in a wholemeal bun with lettuce & mayonnaise**  
Soya, Egg, Gluten, Sesame

or **Quorn burger in a wholemeal bun with lettuce & mayonnaise**  
Gluten, Sesame, Egg, Milk, Soya

**A**  
Jacket wedges

or **Noisette potatoes**  
Milk

**B**  
Mixed salad

or **Coleslaw**  
Egg

#### Friday



**MSC breaded fish with lemon wedge & tartare sauce**  
Mustard, Fish, Gluten, Egg

or **Quorn fish free finger with lemon wedge & tartare sauce**  
Egg, Gluten

**A**  
Crispy chunky chips

or **Roasted new potatoes**

**B**  
Mushy peas

or **Petit pois peas**  
or **Mixed salad**

### Dessert of the Day



**Meringue nest with grapes & cream**  
Milk, Egg

or **Organic yoghurt**  
or **Fresh fruit**



**Cherry shortcake & custard**  
Milk, Egg, Gluten

or **Organic yoghurt**  
or **Fresh fruit**



**Apple & rhubarb crumble & custard**  
Gluten, Milk

or **Organic yoghurt**  
or **Fresh fruit**



**Icky sticky pudding & custard**  
Milk, Egg, Gluten

or **Organic yoghurt**  
or **Fresh fruit**



**Cheese, crackers & apple wedge**  
Milk, Gluten

or **Organic yoghurt**  
or **Fresh fruit**

Choose one item from choice A and one item from choice B