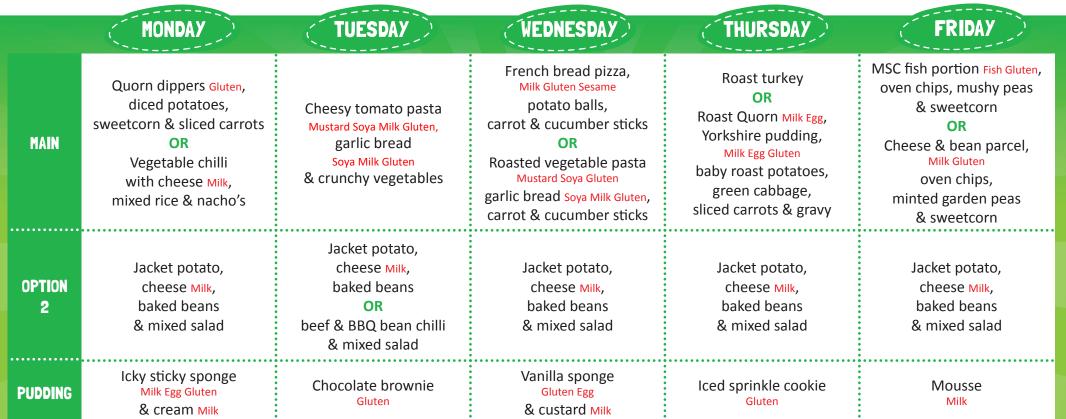


4 Nov, 25 Nov, 16 Dec, 6 Jan, 27 Jan, 17 Feb, 10 March 31 March

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



AUTUMN/WINTER 2024-25

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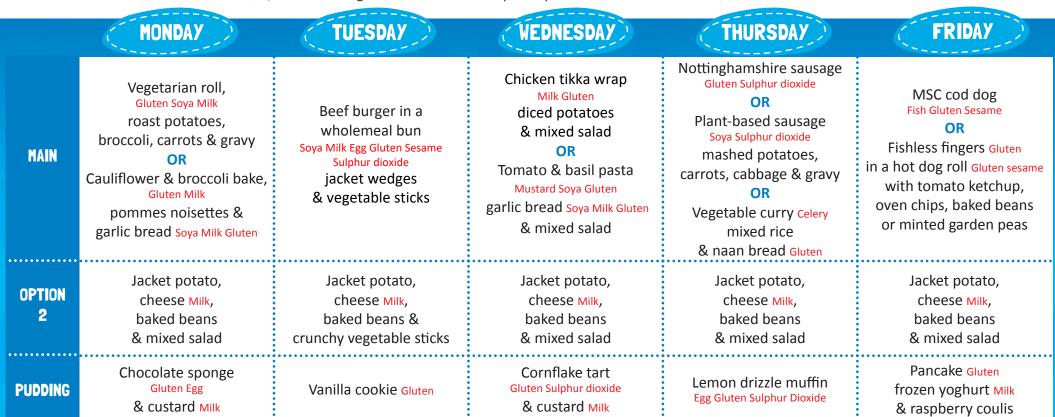




11 Nov, 2 Dec, 23 Dec, 13 Jan, 3 Feb, 24 Feb, 17 March

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









18 Nov, 9 Dec, 30 Dec, 20 Jan, 10 Feb, 3 March, 24 March

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		MONDAY	TUESDAY	(WEDNESDAY)	THURSDAY	FRIDAY
	MAIN	Margherita pizza Soya Milk Gluten OR Meatfree ball & cheese sub roll Gluten Soya Egg Milk Sesame diced potatoes & crunchy vegetables	Nottinghamshire sausage, Gluten Sulphur dioxide, mashed potatoes, Yorkshire pudding Gluten Milk Egg seasonal vegetables & gravy	Pasta shell Bolognese Gluten Mustard Soya Fish OR Cheesy tomato pasta shells Milk Gluten Mustard Soya 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 OR Tuna pasta bake, Mustard Soya Milk Fish Gluten crusty bread Gluten Sesame, sweetcorn & minted garden peas
	OPTION 2	Jacket potato, cheese Milk, baked beans & mixed salad	Jacket potato, cheese Milk, baked beans & mixed salad	Jacket potato, cheese Milk, baked beans & mixed salad	Jacket potato, cheese Milk, baked beans & mixed salad	Jacket potato, cheese Milk, baked beans & mixed 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	Chocolate crispy Gluten

