

# 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**,  
diced potatoes,  
sweetcorn & sliced carrots  
**OR**  
Vegetable chilli  
with cheese **Milk**,  
mixed rice & nacho's

Cheesy tomato pasta  
**Mustard Soya Milk Gluten**,  
garlic bread  
**Soya Milk Gluten**  
& crunchy vegetables

French bread pizza,  
**Milk Gluten Sesame**  
potato balls,  
carrot & cucumber sticks  
**OR**  
Roasted vegetable pasta  
**Mustard Soya Gluten**  
garlic bread **Soya Milk Gluten**,  
carrot & cucumber sticks

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

MSC fish portion **Fish Gluten**,  
oven chips, mushy peas  
& sweetcorn  
**OR**  
Cheese & bean parcel,  
**Milk Gluten**  
oven chips,  
minted garden peas  
& sweetcorn

### OPTION 2

Jacket potato,  
cheese **Milk**,  
baked beans  
& mixed salad

Jacket potato,  
cheese **Milk**,  
baked beans  
**OR**  
beef & BBQ bean chilli  
& 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

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. Vegetarian meals available upon request



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### MAIN

Vegetarian roll,  
**Gluten Soya Milk**  
roast potatoes,  
broccoli, carrots & gravy  
**OR**  
Cauliflower & broccoli bake,  
**Gluten Milk**  
pommes noisettes &  
garlic bread **Soya Milk Gluten**

Beef burger in a  
wholemeal bun  
**Soya Milk Egg Gluten Sesame**  
**Sulphur dioxide**  
jacket wedges  
& vegetable sticks

Chicken tikka wrap  
**Milk Gluten**  
diced potatoes  
& mixed salad  
**OR**  
Tomato & basil pasta  
**Mustard Soya Gluten**  
garlic bread **Soya Milk Gluten**  
& mixed salad

Nottinghamshire sausage  
**Gluten Sulphur dioxide**  
**OR**  
Plant-based sausage  
**Soya Sulphur dioxide**  
mashed potatoes,  
carrots, cabbage & gravy  
**OR**  
Vegetable curry **Celery**  
mixed rice  
& naan bread **Gluten**

MSC cod dog  
**Fish Gluten Sesame**  
**OR**  
Fishless fingers **Gluten**  
in a hot dog roll **Gluten sesame**  
with tomato ketchup,  
oven chips, baked beans  
or minted garden peas

#### OPTION 2

Jacket potato,  
cheese **Milk**,  
baked beans  
& mixed salad

Jacket potato,  
cheese **Milk**,  
baked beans &  
crunchy vegetable sticks

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

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

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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

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**



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