

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

	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	Flapjack Gluten	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
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MAIN	Vegetarian roll Gluten Soya Milk	Beef & veg pie Soya Gluten Milk Egg	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, sweetcorn & green beans Milk Egg Gluten	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

	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	Christmas Dinner	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	Roast potatoes, green cabbage, sliced carrots, Yorkshire pudding & gravy Milk Gluten	Diced potatoes, sweetcorn & minted garden peas
PUDDING	Raspberry swirl sponge Egg Gluten & custard Milk	Jelly Gluten	Sprinkle Cookie Gluten	Chocolate/Vanilla Ice Cream Milk	Flapjack Gluten



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