

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

Chicken & coconut curry **Milk**,
mixed rice
& naan bread **Gluten**

French bread pizza,
Milk Gluten Sesame
potato balls,
carrot & cucumber sticks

Roast Beef
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

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

Icky sticky sponge
Milk Egg Gluten
& cream **Milk**

Chocolate brownie
Gluten

Vanilla sponge
Gluten Egg
& custard **Milk**

Iced sprinkle cookie
Gluten

Mousse
Milk



Nottinghamshire
County Council

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

OPTION 2

PUDDING

Vegetarian roll,
Gluten Soya Milk
roast potatoes,
broccoli, carrots
& gravy

Corned beef hash **Fish**,
mashed potatoes,
Yorkshire pudding,
Milk Egg Gluten
sweetcorn & green beans

Chinese chicken
Soya Gluten
& vegetables
with mixed rice

Nottinghamshire sausage
Gluten Sulphur dioxide
OR
plant-based sausage
Soya Sulphur dioxide
mashed potatoes,
carrots, cabbage & gravy

MSC cod dog
Fish Gluten Sesame
with tomato ketchup,
oven chips, baked beans
or minted garden peas

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

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
diced potatoes
& crunchy vegetables

Nottinghamshire sausage,
Gluten Sulphur dioxide
mashed potatoes
Yorkshire pudding
Gluten Egg milk
seasonal vegetables & gravy

Pasta shell Bolognese
Gluten Mustard Soya Fish
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,
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

Butterscotch tart
Milk Gluten



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