

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

Margherita pizza
Soya Milk Gluten

Pork meatballs
Gluten Egg
OR Vegan meatballs **Soya**
in tomato sauce

Pasta Neapolitan
Gluten Soya Milk Mustard

Roast Gammon
OR Quorn roast **Milk Egg**
& gravy

MSC fish finger
Gluten Fish

SIDES

Baby roast potatoes
sweetcorn

Tilda mixed rice
cauliflower & broccoli

Garlic bread
Gluten Soya Milk
carrot & cucumber sticks

Mashed potatoes,
Brussels sprout
& swede

Oven chips
baked beans

PUDDING

Lemon muffin
Gluten Egg Sulphur dioxide

Fruit flapjack
Gluten

Strawberry
ice cream tub
Milk

Chocolate cookie
Gluten

Cornflake tart
Gluten Sulphur dioxide
& custard **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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Southern style burger in a wholemeal bun Soya Milk Egg Gluten Sesame	Nottinghamshire sausage Gluten Sulphur Dioxide OR plant based sausage Soya sulphur dioxide	Pasta Bolognese Soya Fish Gluten Mustard OR Vegan pasta Bolognese Mustard Soya Gluten	Hunters chicken Milk OR Quorn hunters chicken Milk Egg	MSC fish cake Gluten Fish
SIDES	Jacket wedges baton carrots & coleslaw Egg	Mashed Potato baked beans	Garlic bread Gluten Soya Milk & sweetcorn	Pommes noisettes fresh cabbage & carrots	Oven chips, mushy peas & tomato ketchup
PUDDING	Chocolate brownie Gluten	Strawberry mousse Milk	Fruit yoghurt Milk	Honey & oatmeal cookie Gluten	Butterscotch tart Gluten Milk



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