

# 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

Cheese & tomato pasta,  
**Mustard Soya Gluten**  
garlic bread **Gluten Milk Soya**  
& sweetcorn

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

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

Fish fingers,  
**Fish Gluten**  
oven chips,  
mushy peas  
& sweetcorn



**Build your  
own lunch!**



**Build your  
own lunch!**

### OPTION 2

Jacket potato  
with the filling of the day,  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& vegetable sticks

**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Fruit yogurt **Milk**  
or pudding of the day

Jacket potato  
with the filling of the day,  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& vegetable sticks

**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Fruit yogurt **Milk**  
or pudding of the day

Jacket potato  
with the filling of the day,  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& vegetable sticks

### PUDDING

Honey cake  
**Gluten Milk Egg**

Chocolate brownie  
**Gluten**

Vanilla sponge  
**Gluten Egg**  
& custard **Milk**

Iced sprinkle cookie  
**Gluten**

Ice cream  
**Milk**



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County Council**

# 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

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

Chinese chicken  
& vegetables  
**Soya Gluten**  
mixed rice

Nottinghamshire sausage  
**Gluten Sulphur dioxide**  
**OR**  
Plant-based sausage  
**Soya Sulphur dioxide**  
mashed potatoes,

Fish fingers  
**Fish Gluten**  
with tomato ketchup,  
oven chips,  
baked beans,  
or minted garden  
peas

#### OPTION 2

Jacket potato  
with the filling of the day,  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

 **Build your own lunch!**  
**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Fruit yogurt **Milk**  
or pudding of the day

Jacket potato  
with the filling of the day,  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

 **Build your own lunch!**  
**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Fruit yogurt **Milk**  
or pudding of the day

Jacket potato  
with the filling of the day,  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& garden 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**  
diced potatoes  
& crunchy vegetables

Nottinghamshire sausage  
hot dog,  
**Sesame Gluten Sulphur dioxide**  
jacket wedges  
&  
vegetable sticks

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



**Build your  
own lunch!**



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own lunch!**



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own lunch!**

#### OPTION 2

**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Fruit yogurt **Milk**  
or pudding of the day

Jacket potato  
with the filling of the day,  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk** ham  
or  
tuna mayonnaise **Fish Egg**  
vegetable sticks crisps  
fruit or Fruit yogurt **Milk**  
or pudding of the day

Jacket potato  
with the filling of the day,  
cheese **Milk**  
baked beans  
tuna mayonnaise **Fish Egg**  
& crunchy vegetables

**Sandwich** (**Gluten Soya**)  
**Fillings:** cheese **Milk**  
ham or  
tuna mayonnaise **Fish Egg**  
vegetable sticks  
crisps  
fruit or Fruit yogurt **Milk**  
or pudding of the day

#### PUDDING

Vanilla sponge  
**Egg Gluten**  
& custard **Milk**

Flapjack  
**Gluten**

Chocolate ice cream roll  
**Soya Milk Egg Gluten**  
& chocolate sauce **Milk**

Jelly & shortbread  
**Gluten**

Butterscotch tart  
**Milk Gluten**



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