

# WEEK 1

WEEK COMMENCING

15 April, 6 May, 27 May, 17 June, 8 July,  
29 July, 19 Aug, 9 Sept, 30 Sept

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	Cheesy tomato pasta <b>Gluten Mustard Soya Milk</b>	Nottinghamshire sausage & gravy <b>Gluten Sulphur Dioxide</b>	Nottinghamshire sausage hot dog <b>Gluten Sesame Sulphur dioxide</b>	Roast Gammon & Pineapple or gravy	MSC fish finger wrap <b>Gluten Fish</b>
SIDES	Garlic bread <b>Gluten Soya Milk</b> & vegetable sticks Or sweetcorn	Yorkshire pudding <b>Milk Egg Gluten</b> Mashed potato carrots & broccoli	Potato wedges baked beans & cucumber sticks & tomato ketchup	Mashed & roast potatoes carrots & garden peas	Oven chips baked beans
PUDDING	Strawberry mousse <b>Milk</b>	Jam Sponge <b>Gluten Egg sulphur dioxide</b> with custard <b>Milk</b>	Ice cream tub <b>Milk</b>	Fruit flapjack <b>Gluten</b>	Butterscotch tart <b>Gluten Milk</b>



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# WEEK 2

WEEK COMMENCING

22 April, 13 May, 3 June, 24 June, 15 July,  
5 Aug, 26 Aug, 16 Sept, 7 Oct

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 <b>Gluten Soya Milk</b>	Nottinghamshire sausage & gravy <b>Gluten Sulphur Dioxide</b>	Pasta Neapolitan <b>Gluten Soya Milk Mustard</b>	Roast gammon & gravy <b>Gluten</b>	MSC Youngs fish fingers <b>Gluten Fish</b>
SIDES	Herby diced potatoes sweetcorn & cucumber sticks	Yorkshire pudding <b>Milk Egg Gluten</b> Mashed potato seasonal vegetables	Garlic bread <b>Gluten Soya Milk</b> & crunchy vegetables	Mashed & roast potatoes Yorkshire pudding <b>Milk Egg Gluten</b> garden peas & carrots	Oven chips, baked beans
PUDDING	Ice cream tub <b>Milk</b>	Cornflake tart <b>Gluten sulphur dioxide</b> & custard <b>Milk</b>	Honey cake muffin <b>Milk Egg Gluten</b>	Shortbread cookie <b>Gluten</b>	Apple flapjack <b>Gluten</b>



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# WEEK 3

## WEEK COMMENCING

29 April, 20 May, 10 June, 1 July, 22 July  
12 Aug, 2 Sept, 23 Sept, 14 Oct

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 wrap <b>Gluten</b>	Nottinghamshire sausage <b>Gluten Sulphur dioxide &amp; gravy</b>	Beef burger in a bun <b>Soya Milk, Egg, Gluten Sesame Sulphur dioxide</b>	Roast chicken, stuffing <b>Gluten &amp; gravy</b>	MSC fish fingers <b>Gluten Fish</b>
SIDES	Pommes noisettes carrot sticks & fresh coleslaw <b>Egg</b>	Yorkshire pudding <b>Milk Egg Gluten</b> Mashed potatoes seasonal vegetables	Jacket wedges & vegetable sticks	Roast & mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> garden peas & carrots	Oven chips baked beans
PUDDING	Cheese & crackers <b>Milk Gluten</b>	Jelly	Fruit yoghurt <b>Milk</b>	Honey & oatmeal cookie <b>Gluten</b>	Butterscotch tart <b>Gluten Milk</b>



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