

# 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> garlic bread <b>Gluten Soya Milk</b> & vegetable sticks	Nottinghamshire sausage & gravy <b>Gluten Sulphur dioxide</b> Yorkshire pudding <b>Milk Egg Gluten</b> mashed potato carrots & broccoli	Margherita pizza <b>Gluten Soya Milk</b> jacket wedges carrot & cucumber sticks	Roast gammon & pineapple roast potatoes carrots batons & broccoli	MSC fish finger wrap <b>Gluten Fish</b> chips garden peas or baked beans
OPTION 2	Vegan dippers <b>Gluten</b> Diced potatoes & Garden peas & carrots	vegan sausage roll <b>Gluten</b> mashed potatoes carrots & broccoli	Chicken & coconut curry <b>Milk</b> Tilda mixed rice carrot & cucumber sticks	Meatfree meatballs <b>Soya</b> in gravy Roast potatoes carrots & broccoli	Quorn dipper wrap & BBQ sauce <b>Gluten Soya Celery</b> chips garden peas or baked beans
PUDDING	Strawberry mousse <b>Milk</b>	Marble sponge <b>Gluten Egg</b> with custard <b>Milk</b>	Butterscotch tart <b>Gluten Milk</b>	Ice cream tub <b>Milk</b>	Cookie <b>Gluten</b>



Nottinghamshire  
County Council

Sandwich **Gluten Soya Milk Fish Egg** & jacket potato  
**Milk Fish Egg** options available every day by pre order.

# WEEK 2

WEEK COMMENCING

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

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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 <i>Gluten Soya Milk</i> herby diced potatoes sweetcorn coleslaw <i>Egg</i>	Hunters Chicken <i>Milk Celery Gluten Soya</i> potato balls broccoli & baton carrots	Pasta Neapolitan <i>Gluten Soya Milk Mustard</i> garlic bread <i>Gluten Soya Milk</i> crunchy vegetables	Roast pork, stuffing, gravy <i>Gluten</i> mashed potatoes Yorkshire pudding <i>Milk Egg Gluten</i> fresh cabbage & carrots	MSC Young's fish fingers <i>Gluten Fish</i> oven chips garden peas or baked beans
OPTION 2	Cheesy turnover <i>Gluten Milk</i> herby potatoes sweetcorn & garden peas	Tortelloni pasta with five cheese filling <i>Gluten Egg Milk</i> garlic bread <i>Gluten Soya Milk</i> garden salad	Chicken tikka wrap <i>Milk Gluten</i> jacket wedges Mixed vegetables	Plant based sausage & <i>Soya Sulphur dioxide</i> gravy mashed potatoes Yorkshire pudding <i>Milk Egg Gluten</i> fresh cabbage & carrots	Margherita pizza <i>Gluten Soya Milk</i> oven chips garden peas or baked beans
PUDDING	Chocolate & orange muffin <i>Gluten Egg</i>	Shortbread cookie <i>Gluten</i>	Honey cake <i>Milk Egg Gluten</i> & custard <i>Milk</i>	Jelly & shortbread finger <i>Gluten</i>	Apple Flapjack <i>Gluten</i>



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County Council

Sandwich *Gluten Soya Milk Fish Egg* & jacket potato  
options available every day by pre order.

*Milk Fish Egg*

# 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
MAIN	Quorn dippers wrap <b>Gluten</b> baby roast potatoes carrot sticks fresh coleslaw <b>Egg</b>	Spaghetti Bolognese <b>Mustard Soya Gluten Fish</b> crusty bread <b>Gluten Sesame</b> sweetcorn	Pork burger in a bun <b>Soya Milk, Egg, Gluten</b> <b>Sesame Sulphur dioxide</b> jacket wedges vegetable sticks	Roast chicken, stuffing <b>Gluten &amp; Gravy</b> mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh broccoli & carrots	MSC battered fish <b>Gluten Fish</b> oven chips garden peas or baked beans
OPTION 2	Roasted vegetable pasta <b>Gluten Mustard Soya</b> garlic bread <b>Gluten Soya Milk</b> garden salad	Stephe pie <b>Gluten</b> Roast potatoes seasonal vegetables <b>OR</b> Vegan bolognese <b>Soya Gluten sesame</b> crusty bread <b>Gluten Sesame</b> sweetcorn	Quorn southern style burger in a bun <b>Soya Milk Egg Gluten sesame</b> jacket wedges vegetable sticks	Plant based sausage <b>Soya Sulphur dioxide</b> & Gravy mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh broccoli & carrots	Margherita pizza <b>Gluten Soya Milk</b> oven chips garden peas or baked beans
PUDDING	Noah's Apple sponge <b>Egg Gluten</b> & custard <b>Milk</b> Recipe from a pupil at Mapperley Plains primary school	Chocolate brownie <b>Gluten</b>	Frozen yoghurt <b>Milk</b>	Strawberry shortcake <b>Milk Gluten</b>	Chocolate crispy <b>Gluten</b> with strawberry milkshake <b>Milk</b>

Sandwich **Gluten Soya Milk Fish Egg** & jacket potato  
**Milk Fish Egg** options available every day by pre order.