

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

MAIN

Cheesy tomato pasta
Gluten Mustard Soya Milk
garlic bread
Gluten Soya Milk
& vegetable sticks

Nottinghamshire sausage
& gravy **Gluten Sulphur dioxide**
Yorkshire pudding
Milk Egg Gluten
mashed potato
carrots & broccoli

Chicken & coconut curry **Milk**
Tilda mixed rice
carrot & cucumber sticks

Roast gammon &
pineapple Or gravy
roast potatoes carrots
batons & broccoli

MSC fish finger wrap
Gluten Fish
chips
garden peas or
baked beans
tomato ketchup

OPTION 2

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

Cheese & tomato panini
Gluten Milk Sesame
Vegetable sticks

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

Cheese & tomato panini
Gluten Milk Sesame
Vegetable sticks

Quorn dipper wrap
& BBQ sauce
Gluten Soya Celery
chips
garden peas or
baked beans

PUDDING

Marble slice **Gluten**
with custard **Milk**

Strawberry mousse
Milk

Shortbread cookie
Gluten

Ice cream tub **Milk**

Butterscotch tart
Gluten Milk



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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

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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 Gluten Soya Milk herby diced potatoes crunchy vegetables | Hunters Chicken Milk Celery Gluten Soya potato balls broccoli & baton carrots | Pasta Neapolitan Gluten Soya Milk Mustard garlic bread Gluten Soya Milk crunchy vegetables | Roast pork, stuffing, gravy Gluten mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots | MSC Young's fish fingers Gluten Fish oven chips garden peas or baked beans tomato ketchup |
| OPTION 2 | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables | Cheese & tomato panini Gluten Milk Sesame Vegetable sticks | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables | Cheese & tomato panini Gluten Milk Sesame Vegetable sticks | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg crunchy vegetables |
| PUDDING | Chocolate & orange muffin Gluten Egg | Crispy lemon tart Egg Gluten with custard Milk | Honey cake Milk Egg Gluten & custard Milk | Jelly & shortbread finger Gluten | Apple Flapjack Gluten |



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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 |
|----------|---|---|--|--|--|
| MAIN | Quorn dippers wrap Gluten baby roast potatoes Crunchy vegetables | Spaghetti Bolognese Mustard Soya Gluten Fish crusty bread Gluten Sesame sweetcorn | Pork burger in a bun Soya Milk, Egg, Gluten Sesame Sulphur dioxide jacket wedges vegetable sticks | Roast chicken, stuffing Gluten & Gravy mashed potatoes Yorkshire pudding Milk Egg Gluten fresh broccoli & carrots | MSC battered fish Gluten Fish oven chips garden peas or baked beans tomato ketchup |
| OPTION 2 | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables | Cheese & tomato panini Gluten Milk Sesame Vegetable sticks | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables | Cheese & tomato panini Gluten Milk Sesame Vegetable sticks |
| PUDDING | Noah's Apple sponge Egg Gluten & custard Milk Recipe from a pupil at Mapperley Plains primary school | Chocolate brownie Gluten | Frozen yoghurt Milk | Strawberry shortcake Milk Gluten | Chocolate crispy Gluten with strawberry milkshake Milk |



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