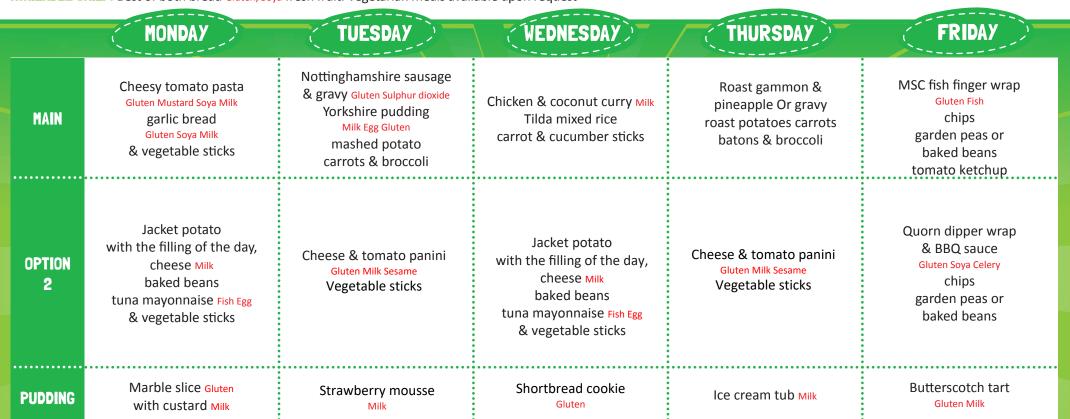


## 15 April, 6 May, 27 May, 17 June, 8 July, 29 July, 19 Aug, 9 Sept, 30 Sept

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.





SPRING/SUMMER 2024

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

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OPTION 2	with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables	Cheese & tomato panini Gluten Milk Sesame Vegetable sticks	with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables	Cheese & tomato panini Gluten Milk Sesame Vegetable sticks	with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg crunchy vegetables
PUDDING	Chocolate & orange muffin	Crispy lemon tart <sub>Egg</sub>	Honey cake Milk Egg Gluten	Jelly &	Apple Flapjack
	Gluten Egg	Gluten with custard Milk	& custard Milk	shortbread finger <sub>Gluten</sub>	<sub>Gluten</sub>



MAIN



29 April, 20 May, 10 June, 1 July, 22 July 12 Aug, 2 Sept, 23 Sept, 14 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	Quorn dippers wrap <del>Gluten</del> 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 batt ered fi sh 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 fi lling 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 <sup>Milk</sup>	Strawberry shortcake Milk Gluten	Chocolate crispy Gluten with strawberry milkshake Milk

