

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.





FRIDA) **WEDNESDAY** THURSDAY MONDAY TUESDAY Chicken & coconut curry Milk MSC fish finger wrap Nottinghamshire sausage Or Roast gammon & pineapple Cheesy tomato pasta Gluten Fish OR Plant based sausage soya sulphur Gluten Mustard Soya Milk OR OR Quorn & coconut curry dioxide & gravy Gluten Sulphur MAIN garlic bread Roast Quorn Milk Egg Milk Egg fishless fingers Gluten dioxide Yorkshire pudding Milk Gluten Soya Milk Tilda mixed rice roast potatoes chips garden peas or baked Egg Gluten mashed potato & vegetable sticks carrot & cucumber sticks carrots batons & broccoli carrots & broccoli beans **Build your Build your** own lunch! **Jacket potato** own lunch! **Jacket potato** Sandwich (Gluten Soya) Sandwich (Gluten Sova) with the filling of the with the filling of the **OPTION** Fillings: cheese Milk Fillings: cheese Milk Jacket potato day day ham or ham or with the filling of the day, cheese Milk cheese Milk tuna mayonnaise Fish Egg tuna mayonnaise Fish Egg cheese Milk baked beans baked beans vegetable sticks vegetable sticks baked beans tuna mayonnaise Fish Egg & tuna mayonnaise Fish Egg & crisps crisps tuna mayonnaise Fish Egg fruit or Frube yogurt Milk vegetable sticks fruit or Frube yogurt Milk vegetable sticks & vegetable sticks or pudding of the day or pudding of the day Crispy lemon tart Egg Gluten Marble sponge Gluten Egg Strawberry mousse Butterscotch tart **PUDDING** Ice cream tub Milk Milk with custard Milk with custard Milk Gluten Milk





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

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WEDNESDAY) FRIDA) MONDAY TUESDAY **THURSDAY Hunters Chicken** Roast pork, stuffing, gravy MSC Young's fish fingers Margherita pizza Milk Celery Gluten Soya Gluten Fish Pasta Neapolitan Gluten Soya Milk OR Southern style burger Milk **OR** Fishless fingers Gluten Gluten Soya Milk Mustard OR roast quorn Milk Egg MAIN herby diced potatoes Egg gluten garlic bread Gluten Soya Milk mashed potatoes oven chips sweetcorn potato balls crunchy vegetables Yorkshire pudding Milk Egg Gluten garden peas or coleslaw Egg broccoli & baton carrots fresh cabbage & carrots baked beans

OPTION 2

PUDDING

Jacket potato with the filling of the day

cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables

Chocolate & orange muffin Gluten Egg

Build your own lunch!

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

> Shortbread cookie Gluten

Jacket potato with the filling of the day,

cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables

Honey cake Milk Egg Gluten & custard Milk



Build your own lunch!

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

Jelly & shortbread finger Gluten



Jacket potato with the filling of the day,

cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad

> Apple Flapjack Gluten





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

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TUESDAY THURSDA) Spaghetti Bolognese Pork burger in a bun Soya Milk, Roast chicken OR Roast Quorn MSC battered fish Margherita pizza Mustard Soya Gluten Fish Egg, Gluten Sesame Sulphur dioxide Milk Egg, stuffing Gluten & Gravy, Gluten Fish Gluten Soya Milk **OR** Meatfree bolognese **OR** Quorn burger in a bun **OR** Fishless fingers Gluten MAIN mashed potatoes, potato wedges Soya Milk Egg gluten Sesame Gluten Soya Mustard Yorkshire pudding Milk Egg Gluten oven chips garden peas or carrot sticks jacket wedges & vegetable crusty bread Gluten Sesame fresh broccoli & carrots baked beans fresh coleslaw Egg sticks sweetcorn **Build your Build your Jacket potato Jacket potato** Jacket potato own lunch! own lunch! with the filling of the with the filling of the with the filling of the Sandwich (Gluten Soya) Sandwich (Gluten Soya) **OPTION** day day Fillings: cheese Milk day Fillings: cheese Milk ham or cheese Milk ham or cheese Milk cheese Milk tuna mayonnaise Fish Egg tuna mayonnaise Fish Egg baked beans baked beans baked beans vegetable sticks vegetable st cks tuna mayonnaise Fish Egg & tuna mayonnaise Fish Egg & tuna mayonnaise Fish Egg & crisps crisps crunchy vegetables crunchy vegetables crunchy vegetables fruit or Frube yogurt Milk or fruit or Frube yogurt Milk or pudding of the day pudding of the day Noah's Apple sponge Egg Gluten Chocolate crispy Gluten Chocolate brownie Strawberry shortcake Frozen yoghurt & custard Milk **PUDDING** Gluten Milk Milk Gluten with strawberry milkshake Milk Recipe from a pupil at

