

# 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

Margherita pizza  
**Gluten Soya Milk**  
herby diced potatoes  
sweetcorn & cucumber  
sticks

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

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

Roast chicken, stuffing **Gluten,**  
gravy,  
mashed potatoes  
fresh broccoli & carrots

MSC Youngs 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**  
& vegetable sticks

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

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tuna mayonnaise **Fish Egg**  
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cheese **Milk,** baked beans  
tuna mayonnaise **Fish Egg**  
& vegetable sticks

### PUDDING

Strawberry mousse  
**Milk**

Chocolate & orange  
muffin  
**Gluten Egg**

Honey & oatmeal 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  
sweetcorn &  
cucumber sticks

Nottinghamshire  
sausage hot dog  
**Gluten Sesame Sulphur dioxide**  
potato balls  
crunchy vegetables

Cheesy tomato pasta  
**Mustard Soya Milk Gluten,**  
garlic bread **Gluten Soya Milk,**  
carrot & cucumber sticks

Roast chicken, stuffing **Gluten,**  
gravy,  
mashed potatoes  
fresh broccoli & 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**  
& vegetable sticks

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

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

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

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

### PUDDING

Chocolate & orange muffin  
**Gluten Egg**

Shortbread cookie  
**Gluten**

Honey cake **Milk Egg Gluten**  
& custard **Milk**

Jelly & fruit

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

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**AVAILABLE DAILY:** Best of both bread **Gluten, Soya** fresh fruit. Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<b>MAIN</b>	Quorn dippers <b>Gluten</b> jacket wedges vegetable sticks	Beef burger in a wholemeal bun <b>Soya Milk Egg Gluten Sesame sulphur dioxide</b> Potato balls crunchy vegetables	Spaghetti Bolognese <b>Mustard Soya Gluten Fish</b> crusty bread <b>Gluten Sesame</b> sweetcorn	Roast chicken, stuffing <b>Gluten</b> , gravy, mashed potatoes fresh broccoli & carrots	MSC battered fish <b>Gluten Fish</b> oven chips garden peas or baked beans
<b>OPTION 2</b>	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks
<b>PUDDING</b>	Apple sponge <b>Egg Gluten</b> & custard <b>Milk</b>	Frozen yoghurt <b>Milk</b>	Chocolate brownie <b>Gluten</b>	Honey & oatmeal cookie <b>Gluten</b>	Chocolate crispy <b>Gluten</b>



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