

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

SIDES

PUDDING

Margherita pizza
Gluten Soya Milk

Pommes noisettes
sweetcorn
diced carrots

Strawberry mousse
Milk

Nottinghamshire sausage
Gluten Sulphur Dioxide
OR
Plant based sausage
Soya sulphur dioxide & gravy

Yorkshire pudding
Milk Egg Gluten
Mashed potato
carrots & broccoli

Ice cream tub
Milk

Quorn dipper wrap
Gluten

Potato wedges
crunchy vegetables

Lemon drizzle cake
Milk Egg Gluten Sulphur dioxide
with custard *Milk*

Roast chicken, stuffing *Gluten*
& gravy
OR
Vegetarian meatballs *Soya*
& gravy

Mashed potatoes,
carrots, sweetcorn & peas

Chocolate shortbread
Gluten

MSC fish fingers
Gluten Fish
Oven chips garden peas
or baked beans
OR
Jacket potato with
cheese *Milk*, baked beans
tuna mayonnaise *Fish Egg*
& mixed salad

Fruit yoghurt
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

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
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MAIN	Margherita pizza Gluten Soya Milk	Southern style burger in a bun Soya Milk Egg Gluten Sesame	Pasta Neapolitan Gluten Soya Milk Mustard	Nottinghamshire sausage Gluten Sulphur dioxide OR plant based sausage Soya sulphur dioxide & gravy	MSC Youngs fish finger wrap Gluten Fish Oven chips, garden peas or baked beans OR
SIDES	Pommes noisettes sweetcorn & garden peas	Potato wedges crunchy vegetables	Garlic bread Gluten Soya Milk & sweetcorn cobette	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh broccoli & carrots	Jacket potato with cheese Milk , baked beans tuna mayonnaise Fish Egg & mixed salad
PUDDING	Chocolate muffin Gluten Egg	Raspberry ripple ice cream roll Soya Milk Egg Gluten	Honey cake Milk Egg Gluten & custard Milk	Fruit in jelly	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

Margherita pizza
Gluten Soya Milk

Spaghetti Bolognese
Soya Fish Gluten Mustard
OR
Meat free Bolognese
Gluten Soya Mustard

Beef burger in a bun
Soya Milk Egg Gluten Sesame Sulphur dioxide
OR Quorn burger in a bun
Soya Milk Egg Gluten Sesame

Roast chicken & stuffing
Gluten
OR Plant based sausage
Soya sulphur dioxide & gravy

MSC battered fish **Fish Gluten**
Oven chips garden peas or baked beans
OR

SIDES

Pommes noisettes
sweetcorn
& garden peas

Crusty bread
Gluten Sesame
& sweetcorn

Jacket wedges
& vegetable sticks

Mashed potatoes
Yorkshire pudding
Milk Egg Gluten
fresh broccoli & carrots

Jacket potato with
cheese **Milk**, baked beans
tuna mayonnaise **Fish Egg**
& mixed salad

PUDDING

Fruit yoghurt
Milk

Carrot cake
Egg Gluten Sulphur dioxide

Frozen yoghurt
Milk

Eton mess
Milk Egg

Chocolate crispy **Gluten**



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