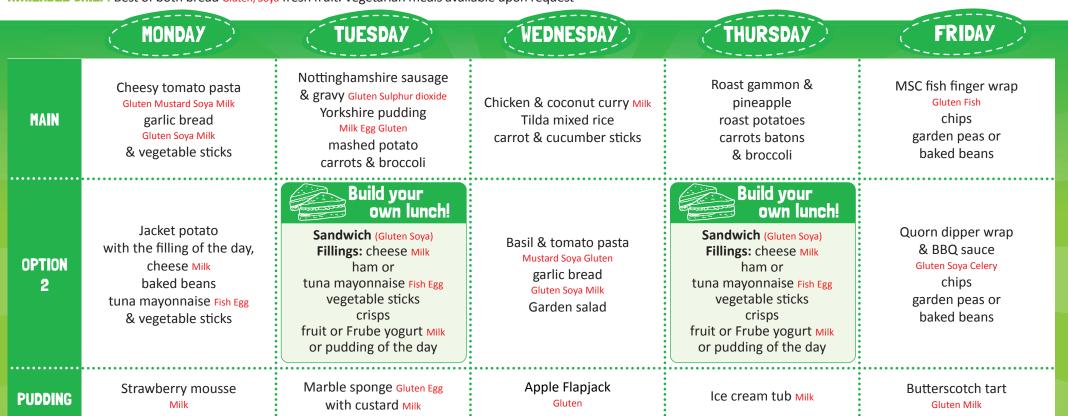


## 15 April, 6 May, 27 May, 17 June, 8 July, 29 July, 19 Aug, 9 Sept, 30 Sept

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

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.





SCHOOL

SPRING/SUMMER 2024

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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 carrot sticks fresh coleslaw Egg	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
OPTION 2	Roasted vegetable pasta Gluten Mustard Soya garlic bread Gluten Soya Milk garden salad	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables	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	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables	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
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

