

# 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

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### OPTION 2

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### PUDDING

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

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

Ice cream roll  
**Milk Soya Egg Gluten**

Sweet & sour chicken  
Tilda mixed rice  
seasonal 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

Shortbread cookie  
**Gluten**

Chicken curry **Milk**  
Tilda mixed rice  
carrot & cucumber sticks

1/2 Pizza panini  
**Milk Gluten Sesame**  
jacket wedges  
vegetable sticks

Marble sponge **Egg Gluten**  
with custard **Milk**

Roast gammon &  
pineapple  
roast potatoes  
carrots batons  
& broccoli

 **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

Cupcake  
**Gluten Egg**

MSC fish finger wrap  
**Gluten Fish**  
chips  
garden peas

Quorn dipper wrap  
& BBQ sauce  
**Gluten Soya Celery**  
chips  
garden peas or  
baked beans

Ice cream tub  
**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 coleslaw Egg	Hunters Chicken Milk Celery Gluten Soya potato balls broccoli & baton carrots	Cheesy pasta Gluten Soya Milk Mustard garlic bread Gluten Soya Milk crunchy vegetables	Nottinghamshire sausage & gravy Gluten mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	MSC Young's fish fingers Gluten Fish oven chips garden peas
OPTION 2	 <b>Build your own lunch!</b> <b>Sandwich</b> (Gluten Soya) Fillings: cheese Milk ham or tuna mayonnaise Fish Egg vegetable sticks crisps fruit or Frube yogurt Milk or pudding of the day	Ham & cheese panini Milk Gluten Sesame vegetable sticks	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables	 <b>Build your own lunch!</b> <b>Sandwich</b> (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 & garden salad
PUDDING	Chocolate & orange muffin Gluten Egg	Shortbread cookie Gluten	Honey cake Milk Egg Gluten & custard Milk	Apple flapjack Gluten	Jelly & shortbread finger 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	Quorn dippers wrap <b>Gluten</b> baby roast potatoes carrot sticks fresh coleslaw <b>Egg</b>	Spaghetti Bolognese Mustard <b>Soya Gluten Fish</b> crusty bread <b>Gluten Sesame</b> sweetcorn	Nottinghamshire sausage hot dog <b>Gluten Sesame Sulphur dioxide</b> jacket wedges vegetable sticks	Roast chicken, stuffing <b>Gluten &amp; Gravy</b> mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh broccoli & carrots	MSC battered fish <b>Gluten Fish</b> oven chips garden peas
OPTION 2	1/2 Pizza panini <b>Milk Gluten Sesame</b> Baby roast potatoes vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	 <b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	 <b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day
PUDDING	Noah's Apple sponge <b>Egg Gluten</b> & custard <b>Milk</b> Recipe from a pupil at Mapperley Plains primary school	Chocolate brownie <b>Gluten</b>	Strawberry shortcake <b>Milk Gluten</b>	Frozen yoghurt <b>Milk</b>	Chocolate crispy <b>Gluten</b> with strawberry milkshake <b>Milk</b>



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