

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

OPTION 2

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

Honey & oatmeal cookie
Gluten

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

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

Chocolate muffin
Gluten Egg

Vegan roll **Gluten**
pommes noisettes
carrot & sweetcorn

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

Crispy lemon tart **Egg Gluten**
with custard **Milk**

Roast gammon & gravy
Yorkshire pudding
Gluten Milk Egg
roast potatoes carrots
batons & cabbage

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

Ice cream tub **Milk**

MSC fish finger wrap
Gluten Fish
chips
garden peas or
baked beans

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

Shortbread cookie
Gluten



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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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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MAIN	Margherita pizza Gluten Soya Milk herby diced potatoes sweetcorn coleslaw Egg	Hunters Chicken Milk Celery Gluten Soya potato balls broccoli & baton carrots	Pasta Neapolitan Gluten Soya Milk Mustard garlic bread Gluten Soya Milk crunchy vegetables	Roast pork, stuffing, gravy Gluten mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	MSC Young's fish fingers Gluten Fish oven chips garden peas or baked beans
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 cookie Gluten	Jelly	Honey cake Milk Egg Gluten & custard Milk	Butterscotch tart Milk Gluten	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

Quorn dippers wrap **Gluten**
baby roast potatoes
carrot sticks
fresh coleslaw **Egg**

Spaghetti Bolognese
Mustard Soya Gluten Fish
crusty bread **Gluten Sesame**
sweetcorn

Southern style Quorn
burger in a bun
Soya Milk, Egg, Gluten Sesame
jacket wedges
vegetable sticks

Roast chicken, stuffing **Gluten**
gravy & mashed potatoes
Yorkshire pudding
Milk Egg Gluten
fresh broccoli & carrots

MSC fishcake
Gluten Fish
oven chips
garden peas or
baked beans

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

Noah's Apple sponge **Egg Gluten**
& custard **Milk**
Recipe from a pupil at
Mapperley Plains primary school

Chocolate brownie
Gluten

Frozen yoghurt
Milk

Strawberry shortcake
Milk Gluten

Chocolate crispy **Gluten**
with strawberry milkshake **Milk**



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