

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	Vegan roll Gluten	Pizza muffin Soya Milk Gluten Sesame	Tomato pasta Mustard Soya Gluten	Nottinghamshire sausage & gravy Gluten Sulphur dioxide	MSC fish finger wrap Gluten Fish
SIDES	Pommes noisettes baked beans	Potato wedges sweetcorn cobette	Garlic bread Gluten Soya Milk carrot & cucumber sticks	Mashed potatoes, carrots batons & broccoli	Oven chips garden peas & sweetcorn
PUDDING	Cheese & crackers Milk Gluten	Chocolate Sponge Gluten Egg with custard Milk	Lemon muffin Egg Gluten	Ice-cream tub Milk	Butterscotch tart Gluten Milk
		23			





22 April, 13 May, 3 June, 24 June, 15 July, 5 Aug, 26 Aug, 16 Sept, 7 Oct

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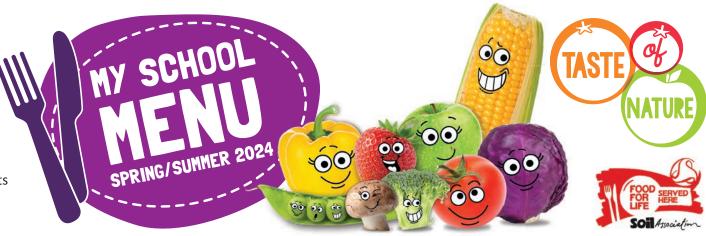
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza Gluten Soya Milk	Pasta Neapolitan Gluten Soya Milk Mustard	Hunters chicken Milk Soya Celery Gluten	Roast gammon & gravy Gluten	MSC Youngs fish fingers Gluten Fish
SIDES	Pommes noisettes sweetcorn & cucumber sticks	Garlic bread Gluten Soya Milk & crunchy vegetables	Tilda rice Garden peas & sweetcorn	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	Oven chips, garden peas
PUDDING	Chocolate & orange muffin Gluten Egg	Shortbread cookie Gluten	Honey cake Milk Egg Gluten & custard Milk	Jelly	Apple flapjack Gluten





29 April, 20 May, 10 June, 1 July, 22 July 12 Aug, 2 Sept, 23 Sept, 14 Oct

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	MONDAY	TUESDAY	(WEDNESDAY)	THURSDAY	FRIDAY
MAIN	Quorn dippers wrap Gluten	Spaghetti Bolognese Soya Fish Gluten Mustard	Pork burger in a bun Soya Milk, Egg, Gluten Sesame Sulphur dioxide	Roast chicken, stuffing Gluten & gravy	MSC battered fish Fish Gluten
SIDES	Baby roast potatoes carrot & cucumber sticks	Crusty bread Gluten Sesame & sweetcorn	Jacket wedges & vegetable sticks	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh broccoli & carrots	Oven chips garden peas & sweetcorn
PUDDING	Chocolate brownie Gluten	Noah's apple sponge Egg Gluten With custard Milk Recipe from a pupil at Mapperley Plains primary	Honey & oatmeal cookie Gluten	Frozen yoghurt Milk	Chocolate crispy <mark>Gluten</mark> with strawberry milkshake міlк

