

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

Cheesy tomato pasta
Gluten Mustard Soya Milk

Nottinghamshire
sausage & gravy
Gluten Sulphur Dioxide

Chicken & coconut curry
Milk

Roast chicken,
stuffing **Gluten**
& gravy

MSC fish finger wrap
Gluten Fish

SIDES

Garlic bread
Gluten Soya Milk
& vegetable sticks

Yorkshire pudding
Milk Egg Gluten
Mashed potato
carrots & broccoli

Jacket wedges
carrot & cucumber sticks

Mashed potatoes
Yorkshire pudding
Milk Egg Gluten
fresh broccoli & carrots

Oven chips
garden peas
or baked beans

PUDDING

Strawberry mousse
Milk

Marble Sponge
Gluten Egg
with custard **Milk**

Crispy lemon tart
with custard
Gluten Egg Milk

Ice-cream tub
Milk

Butterscotch tart
Gluten 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

SIDES

PUDDING

Margherita pizza
Gluten Soya Milk

Herby diced potatoes
sweetcorn
& coleslaw **Egg**

Chocolate &
orange muffin
Gluten Egg

Hunters chicken
Milk Soya Celery Gluten

Potato balls
broccoli
& baton carrots

Shortbread cookie
Gluten

Pasta Neapolitan
Gluten Soya Milk Mustard

Garlic bread
Gluten Soya Milk
& crunchy vegetables

Honey cake
Milk Egg Gluten
& custard **Milk**

Nottinghamshire sausage
Gluten Sulphur dioxide
& gravy **Gluten**

Mashed potatoes
Yorkshire pudding
Milk Egg Gluten
fresh cabbage & carrots

Jelly &
shortbread finger
Gluten

MSC Youngs fish fingers
Gluten Fish

Oven chips,
garden peas
or baked beans

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
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MAIN	Quorn dippers wrap Gluten	Spaghetti Bolognese Soya Fish Gluten Mustard	Pork burger in a bun Soya Milk, Egg, Gluten Sesame Sulphur dioxide	Nottinghamshire sausage Gluten Sulphur dioxide & gravy	MSC battered fish Fish Gluten
SIDES	Baby roast potatoes carrot sticks & fresh coleslaw Egg	Crusty bread Gluten Sesame & sweetcorn	Jacket wedges & vegetable sticks	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh broccoli & carrots	Oven chips garden peas or baked beans
PUDDING	Noah's apple sponge Egg Gluten with custard Milk <small>Recipe from a pupil at Mapperley Plains primary school</small>	Chocolate brownie Gluten	Frozen yoghurt Milk	Strawberry shortcake Milk Gluten	Chocolate crispy Gluten with strawberry milkshake Milk



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