

# 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**  
garlic bread  
**Gluten Soya Milk**  
& vegetable sticks

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

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

Roast gammon &  
pineapple  
roast potatoes  
carrots batons  
& broccoli

MSC fish finger wrap  
**Gluten Fish**  
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

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with the filling of the day,  
cheese **Milk**, baked beans  
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& vegetable sticks

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tuna mayonnaise **Fish Egg**  
& vegetable sticks

### PUDDING

Strawberry mousse  
**Milk**

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

Crispy lemon tart **Egg Gluten**  
with custard **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
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<b>MAIN</b>	Margherita pizza <b>Gluten Soya Milk</b> herby diced potatoes sweetcorn coleslaw <b>Egg</b>	Hunters Chicken <b>Milk Celery Gluten Soya</b> potato balls broccoli & baton carrots	Pasta Neapolitan <b>Gluten Soya Milk Mustard</b> garlic bread <b>Gluten Soya Milk</b> crunchy vegetables	Roast pork, stuffing, gravy <b>Gluten</b> mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh cabbage & carrots	MSC Young's fish fingers <b>Gluten Fish</b> oven chips garden peas or baked beans
<b>OPTION 2</b>	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks
<b>PUDDING</b>	Chocolate & orange muffin <b>Gluten Egg</b>	Shortbread cookie <b>Gluten</b>	Honey cake <b>Milk Egg Gluten</b> & custard <b>Milk</b>	Jelly & shortbread finger <b>Gluten</b>	Apple Flapjack <b>Gluten</b>



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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

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

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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