

# 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 Or gravy  
roast potatoes carrots  
batons & broccoli

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

### OPTION 2

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

Cheese & tomato panini  
**Gluten Milk Sesame**  
Vegetable sticks

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

Cheese & tomato panini  
**Gluten Milk Sesame**  
Vegetable sticks

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

### PUDDING

Marble slice **Gluten**  
with custard **Milk**

Strawberry mousse  
**Milk**

Shortbread cookie  
**Gluten**

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	Margherita pizza <b>Gluten Soya Milk</b> herby diced potatoes crunchy vegetables	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 tomato ketchup
OPTION 2	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	Cheese & tomato panini <b>Gluten Milk Sesame</b> Vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	Cheese & tomato panini <b>Gluten Milk Sesame</b> Vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> crunchy vegetables
PUDDING	Chocolate & orange muffin <b>Gluten Egg</b>	Crispy lemon tart <b>Egg</b> <b>Gluten</b> with custard <b>Milk</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 <b>Gluten</b> baby roast potatoes Crunchy vegetables	Spaghetti Bolognese Mustard Soya <b>Gluten Fish</b> crusty bread <b>Gluten Sesame</b> sweetcorn	Pork burger in a bun Soya Milk, Egg, <b>Gluten</b> Sesame Sulphur dioxide jacket wedges vegetable sticks	Roast chicken, stuffing <b>Gluten &amp; Gravy</b> mashed potatoes Yorkshire pudding Milk Egg <b>Gluten</b> fresh broccoli & carrots	MSC battered fish <b>Gluten Fish</b> oven chips garden peas or baked beans tomato ketchup
OPTION 2	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	Cheese & tomato panini <b>Gluten Milk Sesame</b> Vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	Cheese & tomato panini <b>Gluten Milk Sesame</b> Vegetable sticks
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>	Frozen yoghurt <b>Milk</b>	Strawberry shortcake <b>Milk Gluten</b>	Chocolate crispy <b>Gluten</b> with strawberry milkshake <b>Milk</b>



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