

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.



MONDAY

Cheesy tomato pasta
Gluten Mustard Soya Milk
garlic bread
Gluten Soya Milk
& vegetable sticks

TUESDAY

Nottinghamshire sausage
hot dog
Gluten Sesame Sulphur dioxide
Jacket wedges
vegetable sticks

WEDNESDAY

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

THURSDAY

Roast gammon &
Yorkshire pudding
Gluten Egg milk
roast potatoes
carrots batons & broccoli

FRIDAY

MSC Young's fish fingers
Gluten Fish
oven chips
garden peas
& sweetcorn

MAIN

AVAILABLE DAILY: Sandwich **Gluten Soya** with **Cheese milk, ham or tuna mayonnaise Fish Egg**

OPTION 2

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

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

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

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

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

PUDDING

Fruit salad

Marble slice **Gluten**
& custard **Milk**

Crispy lemon tart
Gluten Egg & 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

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.



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|---|
| MAIN | Margherita pizza Gluten Soya Milk herby diced potatoes sweetcorn & cucumber sticks | Hunters Chicken Milk Celery Gluten Soya jacket wedges seasonal vegetables | cheesy tomato pasta Gluten Soya Milk Mustard garlic bread Gluten Soya Milk mixed salad | Nottinghamshire sausage Gluten Sulphur dioxide & gravy mashed potatoes Yorkshire pudding Milk Egg Gluten seasonal vegetables | MSC Young's fish fingers Gluten Fish oven chips garden peas & sweetcorn |
| AVAILABLE DAILY: Sandwich Gluten Soya with Cheese milk, ham or tuna mayonnaise Fish Egg | | | | | |
| OPTION 2 | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad | Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad |
| PUDDING | Chocolate & orange muffin Egg Gluten | Shortbread cookie Gluten | Honey cake Milk Egg Gluten & custard Milk | Cheese & crackers 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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Quorn dipper wrap
Gluten
diced potatoes
carrot sticks

Spaghetti bolognese
Mustard Soya Gluten Fish
Garlic bread
Gluten Milk Soya
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 Young's fish fingers
Gluten Fish
oven chips
garden peas
& sweetcorn

AVAILABLE DAILY: Sandwich **Gluten Soya** with Cheese **milk**, ham or tuna mayonnaise **Fish Egg**

OPTION 2

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

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

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

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

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

PUDDING

Noah's apple sponge **Gluten Egg**
& custard **Milk**
Recipe from a pupil at Mapperley
Plains Primary School

Chocolate brownie
Gluten

Ice cream tub
Milk

Strawberry shortcake
Milk Gluten

Chocolate crispy **Gluten**
& strawberry milkshake
Milk



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