

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

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
Yorkshire pudding
Milk Egg Gluten
roast potatoes
carrots batons & broccoli

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

AVAILABLE DAILY: Jacket potato with the filling of the day, see below for details

OPTION 2



Sandwich (Gluten Soya)
Fillings: cheese **Milk** ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps
fruit or Frube yogurt **Milk** or
pudding of the day



Jacket potato
with the filling of the day
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& crunchy vegetables
bles

Basil & tomato pasta
Mustard Soya Gluten
garlic bread
Gluten Soya Milk
Garden salad



Sandwich (Gluten Soya)
Fillings: cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps
fruit or Frube yogurt **Milk**
or pudding of the day

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

PUDDING

Strawberry mousse
Milk

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

Shortbread biscuit
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

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
coleslaw **Egg**

Hunters Chicken
Milk Celery Gluten Soya
potato balls
broccoli & baton carrots

Pasta Neapolitan
Gluten Soya Milk Mustard
garlic bread **Gluten Soya Milk**
crunchy vegetables

Roast pork, stuffing, gravy
Gluten
mashed potatoes
Yorkshire pudding **Milk Egg Gluten**
fresh cabbage & carrots

MSC Young's fish fingers
Gluten Fish
oven chips
garden peas or
baked beans

AVAILABLE DAILY: Jacket potato with the filling of the day, see below for details

OPTION 2



Build your own lunch!

Sandwich (**Gluten Soya**)
Fillings: cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps
fruit or Frube yogurt **Milk**
or pudding of the day

Southern style burger
in a bun
Soya Milk Egg Gluten Sesame
potato balls Crunchy
vegetables



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



Build your own lunch!

Sandwich (**Gluten Soya**)
Fillings: cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps
fruit or Frube yogurt **Milk**
or pudding of the day



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

PUDDING

Chocolate & orange muffin
Gluten Egg

Shortbread cookie
Gluten

Honey cake
Milk Egg Gluten

Jelly &
shortbread finger **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 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

AVAILABLE DAILY: Jacket potato with the filling of the day, see below for details

OPTION 2

Build your own lunch!

Sandwich (Gluten Soya)
Fillings: cheese **Milk** ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps
fruit or Frube yogurt **Milk** or
pudding of the day

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

Roasted vegetable pasta
Gluten Mustard Soya
garlic bread **Gluten Soya Milk**
garden salad

Build your own lunch!

Sandwich (Gluten Soya) Fillings:
cheese **Milk** ham or
tuna mayonnaise **Fish Egg**
vegetable sticks
crisps
fruit or Frube yogurt **Milk** or
pudding of the day

Jacket potato
with the filling of the
day
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& crunchy vegetables

PUDDING

Noah's Apple muffin
Egg Gluten
Recipe from a pupil at
Mapperley Plains primary school

Chocolate brownie
Gluten

Strawberry ice cream tub
Milk

Strawberry shortcake
Milk Gluten

Chocolate crispy **Gluten**
with strawberry milkshake **Milk**



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