

# 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.** 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 Gammon  
& Pineapple

MSC fish finger wrap  
**Gluten Fish**

### SIDES

Garlic bread  
**Gluten Soya Milk**  
& vegetable sticks

Yorkshire pudding  
**Milk Egg Gluten**  
Mashed potato  
carrots & broccoli

Tilda mixed rice  
carrot & cucumber sticks

Roast potatoes,  
carrots batons  
& broccoli

Oven chips  
garden peas

### 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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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza Gluten Soya Milk	Hunters chicken Milk Soya Celery Gluten	Pasta Neapolitan Gluten Soya Milk Mustard	Roast pork, stuffing & gravy Gluten	MSC Youngs fish fingers Gluten Fish
SIDES	Herby diced potatoes sweetcorn & coleslaw Egg	Potato balls broccoli & baton carrots	Garlic bread Gluten Soya Milk & crunchy vegetables	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	Oven chips baked beans
PUDDING	Chocolate & orange muffin Gluten Egg	Shortbread cookie Gluten	Honey cake Milk Egg Gluten & custard Milk	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.** Vegetarian meals available upon request



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### MAIN

Quorn dippers wrap  
**Gluten**

Spaghetti Bolognese  
**Soya Fish Gluten Mustard**

Pork burger in a bun  
**Soya Milk, Egg, Gluten Sesame Sulphur dioxide**

Roast chicken, stuffing  
**Gluten & 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

#### PUDDING

Noah's apple sponge  
**Egg Gluten** with 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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