

# 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheesy tomato pasta <b>Gluten Mustard Soya Milk</b> garlic bread <b>Gluten Soya Milk</b> & vegetable sticks	Nottinghamshire sausage & gravy <b>Gluten Sulphur dioxide</b> Yorkshire pudding <b>Milk Egg Gluten</b> mashed potato carrots & broccoli	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	Roast gammon & gravy roast potatoes carrots batons & broccoli	MSC fish finger wrap <b>Gluten Fish</b> chips garden peas
OPTION 2	<b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	<b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	<b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	<b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	<b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day
PUDDING	Shortbread cookie <b>Gluten</b>	Marble sponge <b>Gluten Egg</b>	Chocolate brownie <b>Gluten</b>	Ice cream tub <b>Milk</b>	Butterscotch tart <b>Gluten Milk</b>



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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. Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza <b>Gluten Soya Milk</b> diced potatoes sweetcorn	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	Cheesy tomato pasta <b>Gluten Mustard Soya Milk</b> garlic bread <b>Gluten Soya Milk</b> & vegetable sticks	Nottinghamshire sausage & gravy <b>Gluten Sulphur dioxide</b> mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh cabbage & carrots	MSC Young's fish fingers <b>Gluten Fish</b> oven chips baked beans
OPTION 2	<b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	<b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	<b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	<b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	<b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day
PUDDING	Chocolate & orange muffin <b>Gluten Egg</b>	Shortbread cookie <b>Gluten</b>	Chocolate crispy <b>Gluten</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**  
Pommes noisettes  
carrot sticks

Spaghetti Bolognese  
**Mustard Soya Gluten Fish**  
crusty bread **Gluten Sesame**  
sweetcorn

Margherita pizza  
**Gluten Soya Milk**  
jacket wedges  
vegetable sticks

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

MSC battered fish  
**Gluten Fish**  
oven chips  
garden peas

#### 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

**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

**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

**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

**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

#### PUDDING

Chocolate & orange muffin  
**Egg Gluten**

Chocolate brownie  
**Gluten**

Ice cream tub  
**Milk**

Shortbread cookie  
**Gluten**

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



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