

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

OPTION 2


PUDDING

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

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

Strawberry mousse
Milk

Nottinghamshire sausage
& gravy **Gluten Sulphur dioxide**
OR Plant based sausage
Soya sulphur dioxide
Yorkshire pudding **Milk Egg Gluten**
mashed potato
carrots & broccoli

 **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


Marble sponge **Gluten Egg**
with custard **Milk**

Chicken & coconut curry **Milk**
OR Quorn & coconut curry
Milk Egg
Tilda mixed rice
carrot & cucumber sticks

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

Crispy lemon tart **Egg Gluten**
with custard **Milk**

Roast gammon &
pineapple
OR Roast Quorn **Milk Egg**
roast potatoes
carrots batons
& broccoli

 **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

Ice cream tub **Milk**

MSC fish finger wrap
Gluten Fish
OR Fishless fingers **Gluten**
chips
garden peas or
baked beans

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

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
OR Southern style burger
Milk Egg Gluten
potato balls
broccoli & baton carrots

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

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

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

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

Tortelloni pasta
with five cheese filling
Gluten Egg Milk
garlic bread
Gluten Soya Milk
garden salad

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**
& 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** 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
OR Meatfree Bolognese
Gluten Soya Mustard
crusty bread **Gluten Sesame**
sweetcorn

Pork burger in a bun
Soya Milk, Egg, Gluten
Sesame Sulphur dioxide
OR Quorn burger in a bun
Soya Milk Egg Gluten Sesame
jacket wedges
vegetable sticks

Roast chicken,
stuffing **Gluten & Gravy**
OR Roast Quorn **Milk Egg**
mashed potatoes
Yorkshire pudding
Milk Egg Gluten
fresh broccoli & carrots

MSC battered fish
Gluten Fish
OR Fishless fingers **Gluten**
oven chips
garden peas or
baked beans

OPTION 2

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

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**
& 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

PUDDING

Noah's Apple sponge **Egg Gluten**
& 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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