

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 & fruit yoghurt **Milk**. Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	<p>Cheesy tomato pasta Gluten Mustard Soya Milk garlic bread Gluten Soya Milk & salad bar</p>	<p>Nottinghamshire sausage & gravy Gluten Sulphur dioxide OR Plant based sausage Soya sulphur dioxide Yorkshire pudding Milk Egg Gluten roast potatoes & seasonal vegetables</p>	<p>Beef burger in a bun with ketchup Soya Milk Egg Gluten Sesame Sulphur dioxide OR Quorn burger in a bun Soya Milk Egg Gluten Sesame Pomme noisettes & salad bar</p>	<p>Roast gammon & gravy OR Roast Quorn Milk Egg Yorkshire pudding Milk Egg Gluten roast potatoes seasonal vegetables</p>	<p>MSC fish finger wrap Gluten Fish OR Fishless fingers Gluten chips garden peas or baked beans</p>
OPTION 2	<p>Jacket potato with the filling of the day: tuna mayonnaise Fish Egg & salad bar</p>	<p>Hot cheese panini Gluten Milk Sesame & salad bar</p>	<p>Jacket potato with the filling of the day: cheese Milk & salad bar</p>	<p>Fresh bread roll Gluten Milk Sesame Soya Egg with hot gammon roast potatoes & salad bar</p>	<p>Jacket potato with the filling of the day: baked beans & salad bar</p>
PUDDING	<p>Strawberry mousse Milk</p>	<p>Vanilla muffin Gluten Egg</p>	<p>Ice cream tub Milk</p>	<p>Honey & oatmeal cookie Gluten</p>	<p>Butterscotch tart Gluten Milk</p>



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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 & fruit yoghurt **Milk**. Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MAIN	Margherita pizza Gluten Soya Milk Pomme noisettes sweetcorn & salad bar	Southern style burger in a bun with mayo Soya Milk Egg Gluten Sesame Roast potatoes sweetcorn & salad bar	Pasta Neapolitan Gluten Soya Milk Mustard garlic bread Gluten Soya Milk & salad bar	Roast turkey OR Quorn roast Egg Milk stuffing Gluten , gravy roast potatoes Yorkshire pudding Milk Egg Gluten seasonal vegetables	MSC Young's fish fingers Gluten Fish OR fishless fingers Gluten oven chips garden peas or baked beans
OPTION 2	Jacket potato with the filling of the day: tuna mayonnaise Fish Egg & salad bar	Hot ham & cheese panini Gluten Milk Sesame & salad bar	Jacket potato with the filling of the day: cheese Milk & salad bar	Fresh bread roll Gluten Soya Egg Milk Sesame with hot turkey & stuffing Gluten roast potatoes & salad bar	Jacket potato with the filling of the day: baked beans & salad bar
PUDDING	Chocolate & orange muffin Gluten Egg	Shortbread cookie Gluten	Ice cream roll Soya Egg Milk Gluten	Apple Flapjack Gluten	Honey Muffin Gluten Egg Milk



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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 & fruit yoghurt **Milk**. Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Quorn dippers wrap Gluten baby roast potatoes sweetcorn salad bar & ketchup	Nottinghamshire sausage Hot dog Gluten sesame Sulphur dioxide OR plant based hot dog Soya Gluten sesame Sulphur dioxide jacket wedges ketchup & salad bar	Penne Bolognese Mustard Soya Gluten Fish garlic bread Gluten Soya Milk & salad bar	Roast chicken OR Quorn roast Milk Egg stuffing Gluten & Gravy roast potatoes Yorkshire pudding Milk Egg Gluten seasonal vegetables	MSC battered fish portion Gluten Fish OR fishless finger Gluten oven chips garden peas or baked beans
OPTION 2	Hot cheese panini Gluten Milk Sesame & salad bar	Jacket potato with the filling of the day: tuna mayonnaise Fish Egg & salad bar	Jacket potato with the filling of the day: baked beans & salad bar	Fresh bread roll Gluten Soya Egg Milk Sesame with chicken & stuffing Gluten roast potatoes & salad bar	Hot ham & cheese panini Gluten Milk Sesame & salad bar
PUDDING	Fruit jelly	Chocolate brownie muffin Gluten	Frozen yoghurt Milk	Strawberry shortcake Milk Gluten	Noah's Apple muffin Egg Gluten Recipe from a pupil at Mapperley Plains primary school



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