

# 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

### 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

Spaghetti bolognese  
**Mustard Soya Gluten Fish**  
crusty bread  
**Gluten Sesame**  
carrot & cucumber sticks

Roast gammon &  
gravy  
roast potatoes  
carrots batons &  
broccoli

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

### OPTION 2

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

 **Build your own lunch!**

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

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

 **Build your own lunch!**

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

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

### PUDDING

Strawberry mousse  
**Milk**

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

Crispy lemon tart **Egg Gluten**  
with custard **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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**AVAILABLE DAILY:** Best of both bread **Gluten, Soya** fresh fruit. Vegetarian meals available upon request



|          | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|----------|---|--|---|---|---|
| MAIN     | Margherita pizza<br><b>Gluten Soya Milk</b><br>herby diced potatoes<br>sweetcorn  | Nottinghamshire sausage<br>hot dog<br><b>Gluten Sesame Sulphur dioxide</b><br>potato balls<br>Seasonal vegetables  | Pasta Neapolitan<br><b>Gluten Soya Milk Mustard</b><br>garlic bread <b>Gluten Soya Milk</b><br>crunchy vegetables                             | Roast gammon, stuffing, gravy<br><b>Gluten</b><br>mashed potatoes<br>Yorkshire pudding <b>Milk Egg Gluten</b><br>fresh cabbage & carrots  | MSC Young's fish fingers<br><b>Gluten Fish</b><br>oven chips<br>garden peas or<br>baked beans   |
| OPTION 2 | Jacket potato<br>with the filling of the day,<br>cheese <b>Milk</b><br>baked beans<br>tuna mayonnaise <b>Fish Egg</b><br>& crunchy vegetables | Sandwich ( <b>Gluten Soya</b> )<br>Fillings: cheese <b>Milk</b><br>ham or<br>tuna mayonnaise <b>Fish Egg</b><br>vegetable sticks<br>crisps<br>fruit or Fruit yogurt <b>Milk</b><br>or pudding of the day | Jacket potato<br>with the filling of the day,<br>cheese <b>Milk</b><br>baked beans<br>tuna mayonnaise <b>Fish Egg</b><br>& crunchy vegetables |  <b>Build your own lunch!</b><br><b>Sandwich (Gluten Soya)</b><br><b>Fillings:</b> cheese <b>Milk</b><br>ham or<br>tuna mayonnaise <b>Fish Egg</b><br>vegetable sticks<br>crisps<br>fruit or Fruit yogurt <b>Milk</b><br>or pudding of the day | Jacket potato<br>with the filling of the day,<br>cheese <b>Milk</b><br>baked beans<br>tuna mayonnaise <b>Fish Egg</b><br>& garden salad |
| PUDDING  | Chocolate & orange muffin<br><b>Gluten Egg</b>  | Shortbread cookie<br><b>Gluten</b>   | Honey cake <b>Milk Egg Gluten</b><br>& custard <b>Milk</b>  | Jelly &<br>shortbread finger <b>Gluten</b>  | Apple Flapjack<br><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

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**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**  
baby roast potatoes  
carrot sticks

Cheesy pasta  
**Mustard Soya Gluten Milk**  
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 Young's fish fingers  
**Gluten Fish**  
oven chips  
garden peas or baked  
beans

#### OPTION 2

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

#### PUDDING

Vanilla sponge **Egg Gluten**  
& custard **Milk**

Chocolate brownie  
**Gluten**

Frozen yoghurt  
**Milk**

Strawberry shortcake  
**Milk Gluten**

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