

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

Sweet & sour chicken
Tilda mixed rice
carrot & cucumber sticks

Roast gammon &
pineapple
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 Frube 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 Frube 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 Gluten Soya Milk herby diced potatoes sweetcorn coleslaw Egg	Hunters Chicken Milk Celery Gluten Soya potato balls broccoli & baton carrots	Pasta Neapolitan Gluten Soya Milk Mustard garlic bread Gluten Soya Milk crunchy vegetables	Roast pork, stuffing, gravy Gluten mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	MSC Young's fish fingers Gluten Fish 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	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	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

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AVAILABLE DAILY: Best of both bread **Gluten, Soya** fresh fruit. Vegetarian meals available upon request



MONDAY

Quorn dippers wrap **Gluten**
baby roast potatoes
carrot sticks
fresh coleslaw **Egg**

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

Noah's Apple sponge **Egg Gluten**
& custard **Milk**
Recipe from a pupil at
Mapperley Plains primary school

TUESDAY

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

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

Chocolate brownie
Gluten

WEDNESDAY

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

 **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

THURSDAY

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

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

Strawberry shortcake
Milk Gluten

FRIDAY

MSC battered fish
Gluten Fish
oven chips
garden peas or
baked beans

 **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

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



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