

# 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

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### OPTION 2

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### 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

Fruit yoghurt  
**Milk**

Nottinghamshire sausage  
& gravy **Gluten 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**  
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  
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**  
chips  
garden peas or  
baked beans

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

Butterscotch tart  
**Gluten Milk**

# 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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|          | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|----------|---|---|---|---|---|
| MAIN     | <p>Margherita pizza<br/><b>Gluten Soya Milk</b></p> <p>herby diced potatoes<br/>sweetcorn<br/>coleslaw <b>Egg</b></p>   | <p>Southern style burger<br/><b>Soya Milk Egg Gluten sesame</b></p> <p>potato balls<br/>broccoli &amp; baton<br/>carrots</p>                  | <p>Pasta Neapolitan<br/><b>Gluten Soya Milk Mustard</b></p> <p>garlic bread <b>Gluten Soya Milk</b><br/>crunchy vegetables</p>                                | <p>Roast pork, stuffing, gravy<br/><b>Gluten</b></p> <p>mashed potatoes<br/>Yorkshire pudding <b>Milk Egg Gluten</b><br/>fresh cabbage &amp; carrots</p>  | <p>MSC Young's fish fingers<br/><b>Gluten Fish</b></p> <p>oven chips<br/>garden peas or<br/>baked beans</p>   |
| OPTION 2 | <p> <b>Build your own lunch!</b></p> <p><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 Frube yogurt <b>Milk</b><br/>or pudding of the day</p> | <p>Tortelloni pasta<br/>with five cheese filling<br/><b>Gluten Egg Milk</b><br/>garlic bread<br/><b>Gluten Soya Milk</b><br/>garden salad</p> | <p>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/>&amp; crunchy vegetables</p> | <p> <b>Build your own lunch!</b></p> <p><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 Frube yogurt <b>Milk</b><br/>or pudding of the day</p> | <p>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/>&amp; garden salad</p> |
| PUDDING  | <p>fruit yoghurt<br/><b>Milk</b></p>  | <p>Shortbread cookie<br/><b>Gluten</b></p>  | <p>Honey cake <b>Milk Egg Gluten</b><br/>&amp; custard <b>Milk</b></p>  | <p>Jelly &amp;<br/>shortbread finger <b>Gluten</b></p>  | <p>Apple Flapjack<br/><b>Gluten</b></p>   |



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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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### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### MAIN

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

Spaghetti Bolognese  
**Mustard Soya Gluten Fish**  
 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 battered fish  
**Gluten Fish**  
 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

Frozen yoghurt  
**Milk**

Chocolate brownie  
**Gluten**

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

Cherry shortcake  
**Milk Gluten**

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



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