

# 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheesy tomato pasta <b>Gluten Mustard Soya Milk</b>	Jacket potato with the filling of the day	Chicken & vegetable pie <b>Gluten &amp; gravy</b>	Nottinghamshire sausage <b>Gluten Sulphur dioxide</b> Yorkshire pudding <b>Milk Egg gluten &amp; gravy</b>	MSC fish finger wrap <b>Gluten Fish</b>
SIDES	Garlic bread <b>Gluten Soya Milk</b> & sweetcorn	Cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & mixed salad	mashed potatoes broccoli	Mashed potatoes, carrots batons & cauliflower	Seasoned jacket wedges garden peas & sweetcorn
PUDDING	Strawberry mousse <b>Milk</b>	fruit salad	Butterscotch tart <b>Gluten Milk</b>	Ice-cream tub <b>Milk</b>	Cheese & crackers <b>Gluten Milk</b>



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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
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<b>MAIN</b>	Margherita pizza <b>Gluten Soya Milk</b>	Jacket potato with the filling of the day	Tomato & basil pasta <b>Mustard Soya Gluten</b>	Roast pork, stuffing & gravy <b>Gluten</b>	MSC Youngs fish fingers <b>Gluten Fish</b>
<b>SIDES</b>	pommes noisettes sweetcorn & coleslaw <b>Egg</b>	Cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & mixed salad	Garlic bread <b>Gluten Soya Milk</b> & sweetcorn	New potatoes fresh cabbage & carrots	Diced potatoes, garden peas & sweetcorn
<b>PUDDING</b>	Chocolate & orange muffin <b>Gluten Egg</b>	Shortbread cookie <b>Gluten</b>	Honey cake <b>Milk Egg Gluten</b> & custard <b>Milk</b>	Jelly & fruit	Apple flapjack <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

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

Quorn dippers wrap  
**Gluten**

Tomato & basil pasta  
**Mustard Soya Gluten**

Pork burger in a bun  
**Soya Milk, Egg, Gluten Sesame Sulphur dioxide**

Roast gammon & pineapple

MSC battered fish  
**Fish Gluten**

#### SIDES

Baby roast potatoes  
baked beans

Garlic bread  
**Gluten Soya Milk**  
& sweetcorn

Jacket wedges & coleslaw  
**Egg**

Roast new potatoes  
fresh broccoli & carrots

Oven chips  
garden peas & sweetcorn

#### PUDDING

Noah's apple sponge  
**Egg Gluten** with 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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