

# 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> garlic bread <b>Gluten Soya Milk</b> & vegetable sticks	Nottinghamshire sausage & gravy <b>Gluten Sulphur dioxide</b> Yorkshire pudding <b>Milk Egg Gluten</b> mashed potato carrots & broccoli	Chicken curry <b>Milk</b> Tilda mixed rice carrot & cucumber sticks	Roast gammon & pineapple roast potatoes carrots batons & broccoli	MSC fish finger wrap <b>Gluten Fish</b> chips garden peas or baked beans
OPTION 2	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks
PUDDING	Marble sponge <b>Gluten Egg</b> & custard <b>Milk</b>	Ice cream tub <b>Milk</b>	Crispy jam tart <b>Gluten sulphur dioxide</b> with custard <b>Milk</b>	Plain brownie <b>Gluten</b>	Butterscotch tart <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

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
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<b>MAIN</b>	cheese pizza <b>Gluten Soya Milk</b> diced potatoes sweetcorn coleslaw <b>Egg</b>	Hunters Chicken <b>Milk Celery Gluten Soya</b> potato balls broccoli & baton carrots	Cheesy tomato pasta <b>Gluten Mustard Soya Milk</b> garlic bread <b>Gluten Soya Milk</b> crunchy vegetables	Nottinghamshire sausage <b>Gluten sulphur dioxide,</b> gravy mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh cabbage & carrots	MSC Young's fish fingers <b>Gluten Fish</b> oven chips garden peas or baked beans
<b>OPTION 2</b>	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with the filling of the day, cheese <b>Milk</b> , baked beans tuna mayonnaise <b>Fish Egg</b> & vegetable sticks
<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 & shortbread finger <b>Gluten</b>	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**  
baby roast potatoes  
carrot sticks  
fresh coleslaw **Egg**

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

Beef 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

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

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

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

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

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

#### PUDDING

Chocolate brownie  
**Gluten**

Ice cream tub  
**Milk**

Cornflake tart  
**Gluten Sulphur dioxide**  
& custard **Milk**

Strawberry shortcake  
**Milk Gluten**

Chocolate crispy  
**Gluten**



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