

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

Beef burger in a wholemeal bun
Soya Milk Egg Gluten Sesame Sulphur dioxide

Jacket potato with filling of the day

Nottinghamshire sausage **Gluten Sulphur dioxide** & gravy

MSC fish finger wrap
Gluten Fish

SIDES

Garlic bread
Gluten Soya Milk
& vegetable sticks

Jacket wedges
carrot & cucumber sticks

Cheese **Milk**, baked beans or tuna mayonnaise **Egg fish** & vegetable sticks

Mashed potatoes, Yorkshire pudding **Milk Egg Gluten** carrots batons & broccoli

Oven chips
garden peas or baked beans

PUDDING

Marble Sponge
Gluten Egg
with custard **Milk**

strawberry mousse
Milk

Crispy jam tart with custard
Gluten sulphur dioxide Milk

Butterscotch tart
Gluten Milk

Ice cream tub
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

Hunters chicken
Milk Soya Celery Gluten

Pasta Neapolitan
Gluten Soya Milk Mustard

Nottinghamshire
sausage **Gluten Sulphur**
dioxide & gravy

MSC Youngs fish fingers
Gluten Fish

SIDES

Herby diced potatoes
sweetcorn
& coleslaw **Egg**

Potato balls
broccoli
& baton carrots

Garlic bread
Gluten Soya Milk
& crunchy vegetables

Mashed potatoes
Yorkshire pudding
Milk Egg Gluten
fresh cabbage & carrots

Oven chips,
garden peas
or baked beans

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

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	Quorn dippers wrap Gluten	Jacket potato with filling of the day	Nottinghamshire sausage hot dog Gluten sesame sulphur dioxide	Roast chicken, stuffing Gluten & gravy	MSC battered fish Fish Gluten
SIDES	Baby roast potatoes carrot sticks & fresh coleslaw Egg	Cheese Milk , baked beans or tuna mayonnaise Egg fish & vegetable sticks	Jacket wedges vegetable sticks	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh broccoli & carrots	Oven chips garden peas or baked beans
PUDDING	Noah's apple sponge Egg Gluten with custard Milk <small>Recipe from a pupil at Mapperley Plains primary school</small>	Chocolate brownie Gluten	Honey & oatmeal cookie Gluten	Strawberry shortcake Milk Gluten	Chocolate crispy Gluten



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