

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	Nottinghamshire sausage & gravy Gluten Sulphur Dioxide	Msc fish portion Gluten Fish	Roast Gammon & Pineapple	MSC fish finger wrap Gluten Fish
SIDES	Garlic bread Gluten Soya Milk & vegetable sticks	Yorkshire pudding Milk Egg Gluten Mashed potato carrots & broccoli	Diced potatoes garden peas	Roast potatoes, carrots batons & broccoli	Oven chips garden peas or baked beans
PUDDING	Fruit in jelly	Apple flapjack Gluten	Crispy lemon tart with custard Gluten Egg Milk	lce-cream tub Milk	Butterscotch tart Gluten Milk
		23			





22 April, 13 May, 3 June, 24 June, 15 July, 5 Aug, 26 Aug, 16 Sept, 7 Oct

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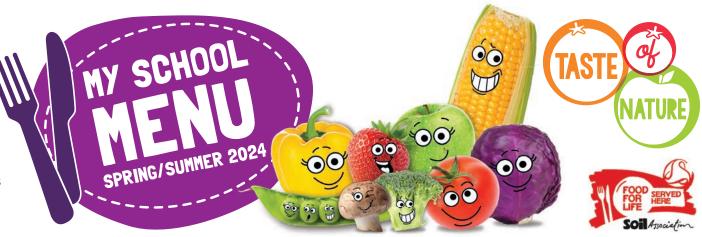
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza Gluten Soya Milk	Nottinghamshire sausage & gravy Gluten Sulphur Dioxide	Msc fish portion Fish Gluten	Roast gammon & gravy	MSC Youngs fish fingers Gluten Fish
SIDES	Herby diced potatoes sweetcorn & coleslaw Egg	Yorkshire pudding Milk Egg Gluten Mashed potato carrots & broccoli	Diced potatoes garden peas	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh carrots & broccoli	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





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	Vegan roll Gluten	Msc fish finger wrap Fish Gluten	Roast chicken, stuffing <mark>Gluten</mark> & gravy	MSC battered fish Fish Gluten
SIDES	Baby roast potatoes carrot sticks & fresh coleslaw Egg	Roast potatoes & vegetable sticks	Jacket wedges & garden peas	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 Recipe from a pupil at Mapperley Plains primary school	Chocolate brownie Gluten	lce cream tub <mark>Milk</mark>	Strawberry shortcake Milk Gluten	Chocolate crispy <mark>Gluten</mark> with strawberry milkshake <mark>міік</mark>

