

# 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.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN

Cheesy tomato pasta  
**Gluten Mustard Soya Milk**  
garlic bread  
**Gluten Soya Milk**  
& vegetable sticks

Nottinghamshire sausage  
& gravy **Gluten Sulphur dioxide**  
Yorkshire pudding **Milk Egg Gluten**  
mashed potato  
carrots & broccoli

Chicken & coconut curry **Milk**  
Tilda mixed rice  
carrot & cucumber sticks

Roast gammon &  
pineapple  
roast potatoes  
carrots batons  
& broccoli

MSC fish finger wrap  
**Gluten Fish**  
chips  
garden peas or  
baked beans


**AVAILABLE DAILY:** Jacket potato with the filling of the day, see below for details

### OPTION 2



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


### 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

Basil & tomato pasta  
**Mustard Soya Gluten**  
garlic bread  
**Gluten Soya Milk**  
Garden salad

### 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

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

### PUDDING

Strawberry mousse  
**Milk**

Marble sponge **Gluten Egg**  
with custard **Milk**

Crispy lemon tart **Egg Gluten**  
with custard **Milk**

Ice cream tub **Milk**

Butterscotch tart  
**Gluten 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

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.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN

Margherita pizza  
**Gluten Soya Milk**  
herby diced potatoes  
sweetcorn  
coleslaw **Egg**

Meatballs in tomato  
sauce with pitta  
**Milk Egg Gluten Soya**  
potato balls  
broccoli & baton

Pasta Neapolitan  
**Gluten Soya Milk Mustard**  
garlic bread **Gluten Soya Milk**  
crunchy vegetables

Roast pork, stuffing, gravy  
**Gluten**  
mashed potatoes  
Yorkshire pudding **Milk Egg Gluten**  
fresh cabbage & carrots

MSC Young's fish fingers  
**Gluten Fish**  
oven chips  
garden peas or  
baked beans

**AVAILABLE DAILY:** Jacket potato with the filling of the day, see below for details

### OPTION 2



#### 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

Tortelloni pasta  
with five cheese filling  
**Gluten Egg Milk**  
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**  
& garden salad

### 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.



### MONDAY

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

### TUESDAY

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

### WEDNESDAY

Pork burger in a bun  
**Soya Milk, Egg, Gluten**  
**Sesame Sulphur dioxide**  
jacket wedges  
vegetable sticks

### THURSDAY

Roast chicken,  
stuffing **Gluten & Gravy**  
mashed potatoes  
Yorkshire pudding **Milk Egg Gluten**  
fresh broccoli & carrots

### FRIDAY

MSC battered fish  
**Gluten Fish**  
oven chips  
garden peas or  
baked beans

#### MAIN

**AVAILABLE DAILY:** Jacket potato with the filling of the day, see below for details

#### 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

Noah's Apple sponge **Egg Gluten**  
& 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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