

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.** Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheesy tomato pasta Gluten Mustard Soya Milk	Nottinghamshire sausage & gravy Gluten Sulphur Dioxide	Chicken & coconut curry Milk	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	Tilda mixed rice carrot & cucumber sticks	Roast potatoes, carrots batons & broccoli	Oven chips garden peas
PUDDING	Strawberry mousse Milk	Marble Sponge Gluten Egg with custard Milk	Crispy lemon tart with custard Gluten Egg 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

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AVAILABLE DAILY: Best of both bread **Gluten, Soya.** Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza <i>Gluten Soya Milk</i>	Nottinghamshire sausage & gravy <i>Gluten Sulphur Dioxide</i>	Pasta Neapolitan <i>Gluten Soya Milk Mustard</i>	Roast pork, stuffing & gravy <i>Gluten</i>	MSC Youngs fish fingers <i>Gluten Fish</i>
SIDES	Herby diced potatoes sweetcorn & coleslaw <i>Egg</i>	Yorkshire pudding <i>Milk Egg Gluten</i> Mashed potato carrots & broccoli	Garlic bread <i>Gluten Soya Milk</i> & crunchy vegetables	Mashed potatoes Yorkshire pudding <i>Milk Egg Gluten</i> fresh cabbage & carrots	Oven chips baked beans
PUDDING	Chocolate & orange muffin <i>Gluten Egg</i>	Shortbread cookie <i>Gluten</i>	Honey cake <i>Milk Egg Gluten</i> & custard <i>Milk</i>	Jelly & shortbread finger <i>Gluten</i>	Apple flapjack <i>Gluten</i>



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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.** Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MAIN	Quorn dippers wrap Gluten	Spaghetti Bolognese Soya Fish Gluten Mustard	Pork burger in a bun Soya Milk, Egg, Gluten Sesame Sulphur dioxide	Roast chicken, stuffing Gluten & gravy	MSC battered fish Fish Gluten
SIDES	Baby roast potatoes carrot sticks & fresh coleslaw Egg	Crusty bread Gluten Sesame & sweetcorn	Jacket wedges & vegetable sticks	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh broccoli & carrots	Oven chips garden peas
PUDDING	Noah's apple sponge Egg Gluten with custard Milk <small>Recipe from a pupil at Mapperley Plains primary school</small>	Chocolate brownie Gluten	Frozen yoghurt Milk	Strawberry shortcake Milk Gluten	Chocolate crispy Gluten with strawberry milkshake Milk



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