

# 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**  
garlic bread  
**Gluten Soya Milk**  
& vegetable sticks

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

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

Roast gammon &  
pineapple  
roast potatoes  
carrots batons  
& broccoli

MSC fish finger wrap  
**Gluten Fish**  
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

### 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

### 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**

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	<p>Margherita pizza <b>Gluten Soya Milk</b> herby diced potatoes sweetcorn coleslaw <b>Egg</b></p>	<p>Hunters Chicken <b>Milk Celery Gluten Soya</b> Or Southern style Quorn burger <b>Milk Egg Gluten</b> potato balls broccoli &amp; baton carrots</p>	<p>Pasta Neapolitan <b>Gluten Soya Milk Mustard</b> garlic bread <b>Gluten Soya Milk</b> crunchy vegetables</p>	<p>Roast pork, stuffing, gravy <b>Gluten</b> mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh cabbage &amp; carrots</p>	<p>MSC Young's fish fingers <b>Gluten Fish</b> oven chips garden peas or baked beans</p>
OPTION 2	<p> <b>Build your own lunch!</b> <b>Sandwich</b> (<b>Gluten Soya</b>) <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day</p>		<p>Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> &amp; crunchy vegetables</p>	<p> <b>Build your own lunch!</b> <b>Sandwich</b> (<b>Gluten Soya</b>) <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day</p>	<p>Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> &amp; garden salad</p>
PUDDING	<p>Chocolate &amp; orange muffin <b>Gluten Egg</b></p>	<p>Apple flapjack <b>Gluten</b></p>	<p>Honey cake <b>Milk Egg Gluten</b> &amp; custard <b>Milk</b></p>	<p>Jelly &amp; shortbread finger <b>Gluten</b></p>	<p>Shortbread cookie <b>Gluten</b></p>



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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 <b>Gluten</b> baby roast potatoes carrot sticks fresh coleslaw <b>Egg</b>	Spaghetti Bolognese Mustard <b>Soya Gluten Fish</b> crusty bread <b>Gluten Sesame</b> sweetcorn	Pork burger in a bun Soya <b>Milk, Egg, Gluten</b> Sesame Sulphur dioxide jacket wedges vegetable sticks	Roast chicken, stuffing <b>Gluten &amp; Gravy</b> mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh broccoli & carrots	MSC battered fish <b>Gluten Fish</b> oven 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> & crunchy vegetables	 <b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & crunchy vegetables	 <b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day
PUDDING	Frozen yoghurt <b>Milk</b>	Chocolate crispy <b>Gluten</b> with strawberry milkshake <b>Milk</b>	Noah's Apple sponge <b>Egg Gluten</b> & custard <b>Milk</b> Recipe from a pupil at Mapperley Plains primary school	Strawberry shortcake <b>Milk Gluten</b>	Chocolate muffin <b>Egg Gluten</b>



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