

# 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

Quorn dippers **Gluten**  
seasoned new potatoes  
sweetcorn & cucumber

Nottinghamshire sausage  
& gravy **Gluten Sulphur dioxide**  
Yorkshire pudding  
**Milk Egg Gluten**  
mashed potato  
Green beans & bean

Tomato pasta  
**Gluten Mustard Soya Milk**  
garlic bread  
**Gluten Soya Milk**  
mixed salad

Nottinghamshire sausage hot  
dog  
**Gluten sesame sulphur dioxide**  
pommes noisettes  
garden peas & sweetcorn  
tomato ketchup

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

### OPTION 2

Cheese roll  
**Soya Milk Egg Gluten sesame**  
seasoned new potatoes  
sweetcorn & cucumber

Ham roll  
**Soya Milk Egg Gluten sesame**  
new potatoes  
mixed salad

Cheese & tomato sub  
**Milk Gluten**  
mixed salad

Ham & cheese roll  
**Soya Milk Egg Gluten sesame**  
Pommes noisettes  
mixed salad

Cheese roll  
**Soya Milk Egg Gluten sesame**  
chips  
mixed salad  
or baked beans

### PUDDING

Fruit yoghurt  
**Milk**

Cornflake tart  
**Gluten sulphur dioxide**  
with custard **Milk**

Strawberry cheesecake  
**Soya Milk Gluten**

Chocolate & orange cookie  
**Gluten**

Vanilla 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
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<b>MAIN</b>	Margherita pizza <i>Gluten Soya Milk</i> seasoned new potatoes ranch salad <i>Egg</i> carrot batons	Nottinghamshire sausage & gravy <i>Gluten Sulphur dioxide</i> Yorkshire pudding <i>Milk Egg Gluten</i> mashed potato Carrots & beans	Pasta Bolognese <i>Gluten Soya Mustard Fish</i> crusty bread <i>Gluten Sesame</i> Mixed salad	Jacket potato with the filling of the day, cheese <i>Milk</i> , baked beans tuna mayonnaise <i>Fish Egg</i> & mixed salad	MSC battered fish <i>Gluten Fish</i> oven chips garden peas or baked beans tomato ketchup
<b>OPTION 2</b>	Cheese roll <i>Soya Milk Egg Gluten sesame</i> seasoned new potatoes ranch salad <i>Egg</i> carrot batons	Ham roll <i>Soya Milk Egg Gluten sesame</i> seasoned new potatoes mixed salad	Cheese & tomato sub <i>Milk Gluten</i> mixed salad	Ham & cheese roll <i>Soya Milk Egg Gluten sesame</i> Pommes noisettes mixed salad	Cheese roll <i>Soya Milk Egg Gluten sesame</i> oven chips mixed salad
<b>PUDDING</b>	Chocolate brownie <i>Gluten</i>	Crispy lemon tart <i>Egg Gluten</i>	Jelly & fruit	Strawberry shortcake <i>Milk Gluten</i>	Raspberry ripple ice cram roll <i>Soya Milk Egg 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** fresh fruit. Vegetarian meals available upon request



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### MAIN

Vegan roll  
**Gluten**  
seasoned new potatoes  
crunchy vegetables

Nottinghamshire sausage & gravy **Gluten Sulphur dioxide**  
Yorkshire pudding  
**Milk Egg Gluten**  
mashed potato  
Green beans & bean

Cheesy tomato pasta  
**Gluten Mustard soya Milk**  
garlic bread  
**Gluten Soya Milk**  
mixed salad

Pork burger in a bun  
**Soya Milk Egg Gluten Sesame Sulphur dioxide**  
Seasoned potato wedges  
coleslaw **Egg** cucumber

MSC fish cake  
**Gluten Fish**  
oven chips  
garden peas or baked beans  
tomato ketchup

#### OPTION 2

Cheese roll  
**Soya Milk Egg Gluten sesame**  
seasoned new potatoes  
crunchy vegetables

Ham roll  
**Soya Milk Egg Gluten sesame**  
new potatoes  
mixed salad & beans

Cheese & tomato sub  
**Milk Gluten**  
mixed salad

Ham & cheese roll  
**Soya Milk Egg Gluten sesame**  
Seasoned potato wedges  
coleslaw **Egg** cucumber

Cheese roll  
**Soya Milk Egg Gluten sesame**  
oven chips  
mixed salad & beans

#### PUDDING

Apple flapjack  
**Gluten**

Butterscotch tart  
**Gluten Milk**

Chocolate crispy **Gluten**  
with strawberry milkshake **Milk**

Honey & oatmeal cookie  
**Gluten**

Frozen yoghurt  
**Milk**



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