

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

	MAIN		PUDDING
MONDAY	Margherita pizza Gluten Soya Milk	Sides Pommes noisettes sweetcorn & diced carrots	Strawberry mousse Milk
TUESDAY	Nottinghamshire sausage & gravy Gluten Sulphur Dioxide OR Plant based sausage Soya sulphur dioxide	Sides Yorkshire pudding Milk Egg Gluten Mashed potato carrots & broccoli	Ice-cream tub Milk
WEDNESDAY	Quorn dipper wrap Gluten	Sides Potato wedges crunchy vegetables	Lemon drizzle cake Milk Egg Gluten Sulphur dioxide with custard Milk
THURSDAY	Roast Chicken stuffing Gluten & gravy OR Vegetarian meatballs Soya & gravy	Sides Mashed potatoes, carrots, sweetcorn & peas	Chocolate shortbread Gluten
FRIDAY	MSC fish finger Gluten Fish oven chips, garden peas or baked beans	OR Jacket potato with cheese Milk , baked beans, tuna mayonnaise Fish Egg & mixed salad	Fruit yoghurt Milk



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

	MAIN		PUDDING
MONDAY	Margherita pizza Gluten Soya Milk	Sides Pommes noisettes sweetcorn & garden peas	Chocolate muffin Gluten Egg
TUESDAY	Southern style burger in a bun Milk Egg Gluten Soya Sesame	Sides Potato wedges crunchy vegetables	Raspberry ripple ice cream roll Soya Milk Egg Gluten
WEDNESDAY	Pasta Neapolitan Gluten Soya Milk Mustard	Sides Garlic bread Gluten Soya Milk & sweetcorn cobette	Honey cake Milk Egg Gluten & custard Milk
THURSDAY	Nottinghamshire sausage Gluten Sulphur Dioxide OR Plant based sausage Soya sulphur dioxide & gravy	Sides Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh broccoli & carrots	Fruit in jelly
FRIDAY	MSC Youngs fish finger wrap Gluten Fish Oven chips, garden peas or baked beans	OR Jacket potato with cheese Milk , baked beans, tuna mayonnaise Fish Egg & mixed salad	Apple flapjack Gluten



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

	MAIN		PUDDING
MONDAY	Margherita pizza Gluten Soya Milk	Sides Pommes noisettes sweetcorn & garden peas	Fruit yoghurt Milk
TUESDAY	Spaghetti Bolognese Soya Fish Gluten Mustard OR Meatfree Bolognese Gluten Soya Mustard	Sides Crusty bread Gluten Sesame & sweetcorn	Carrot cake Egg, Gluten Sulphur dioxide
WEDNESDAY	Beef burger in a bun Soya Milk Egg, Gluten Sesame Sulphur dioxide OR Quorn burger in a bun Soya Milk Egg Gluten Sesame	Sides Jacket wedges & vegetable sticks	Frozen yoghurt Milk
THURSDAY	Roast chicken, stuffing Gluten OR Plant based sausage Soya Sulphur dioxide & gravy	Sides Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh broccoli & carrots	Eton mess Milk Egg
FRIDAY	MSC battered fish Fish Gluten Oven chips, garden peas or baked beans	OR Jacket potato with cheese Milk , baked beans, tuna mayonnaise Fish Egg & mixed salad	Chocolate crispy Gluten

