

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

OPTION 2

PUDDING

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

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

Strawberry mousse
Milk

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

 **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

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

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

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

Apple Flapjack
Gluten

Roast gammon &
pineapple
roast potatoes
carrots batons
& broccoli

 **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

Ice cream tub **Milk**

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

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

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** fresh fruit. Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	<p>Margherita pizza Gluten Soya Milk herby diced potatoes sweetcorn coleslaw Egg</p>	<p>Hunters Chicken Milk Celery Gluten Soya potato balls broccoli & baton carrots</p>	<p>Pasta Neapolitan Gluten Soya Milk Mustard garlic bread Gluten Soya Milk crunchy vegetables</p>	<p>Roast pork, stuffing, gravy Gluten mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots</p>	<p>MSC Young's fish fingers Gluten Fish oven chips garden peas or baked beans</p>
OPTION 2	<p> 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</p>	<p>Tortelloni pasta with five cheese filling Gluten Egg Milk garlic bread Gluten Soya Milk garden salad</p>	<p>Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables</p>	<p> 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</p>	<p>Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad</p>
PUDDING	<p>Chocolate & orange muffin Gluten Egg</p>	<p>Shortbread cookie Gluten</p>	<p>Honey cake Milk Egg Gluten & custard Milk</p>	<p>Jelly & shortbread finger Gluten</p>	<p>Crispy lemon tart Egg Gluten with custard Milk</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 **Gluten**
baby roast potatoes
carrot sticks
fresh coleslaw **Egg**

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

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

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

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

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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