

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

Build your own lunch
Sandwich **Gluten Soya** Fillings:
cheese **Milk**
ham or
tuna mayonnaise **Fish Egg**

Nottinghamshire
sausage hot dog
Gluten sulphur dioxide

Roast Gammon
& Pineapple

MSC fish finger wrap
Gluten Fish

SIDES

Garlic bread
Gluten Soya Milk
seasonal vegetable

Vegetable sticks
crisps, fruit or Frube yogurt
Milk
or pudding of the day

Potato wedges
sweetcorn cobette

Roast potatoes,
carrots batons
& broccoli

Oven chips
garden peas &
sweetcorn

PUDDING

Strawberry mousse
Milk

Honey & oatmeal cookie
Gluten

Cheesecake
soya Milk Gluten

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza Gluten Soya Milk	Tortelloni pasta with five cheese filling Gluten Egg Milk	Jacket potato with the filling of the day	Nottinghamshire sausage & gravy Gluten Sulphur dioxide	MSC Youngs fish fingers Gluten Fish
SIDES	Pommes noisettes baked beans	garlic bread Gluten Soya Milk seasonal vegetables	cheese Milk baked beans tuna mayonnaise Fish Egg & crunchy vegetables	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	Oven chips, garden peas & sweetcorn
PUDDING	Chocolate & orange muffin Gluten Egg	Shortbread cookie Gluten	Honey cake cupcake Milk Egg Gluten	Jelly & shortbread finger Gluten	Apple flapjack Gluten



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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 SIDES PUDDING

MAIN
Quorn dippers
Gluten

SIDES
Pommes noisettes
baked beans

PUDDING
Chocolate brownie
Gluten

MAIN
Spaghetti Bolognese
Soya Fish Gluten Mustard

SIDES
Crusty bread
Gluten Sesame
& sweetcorn

PUDDING
Ice cream tub
Milk

MAIN
Pork burger in a bun
Soya Milk, Egg, Gluten Sesame Sulphur dioxide

SIDES
Jacket wedges
& vegetable sticks

PUDDING
Noah's apple sponge
Egg Gluten with custard **Milk**
Recipe from a pupil at
Mapperley Plains primary school

MAIN
Roast chicken,
stuffing **Gluten**
& gravy

SIDES
Mashed potatoes
Yorkshire pudding
Milk Egg Gluten
fresh broccoli & carrots

PUDDING
Strawberry shortcake
Milk Gluten

MAIN
MSC battered fish
Fish Gluten

SIDES
Oven chips
garden peas
& sweetcorn

PUDDING
Chocolate crispy
Gluten



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