

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheesy tomato pasta Gluten Mustard Soya Milk	Nottinghamshire sausage & gravy Gluten Sulphur Dioxide	Chicken & coconut curry Milk	Roast Gammon & Pineapple	MSC fish finger wrap Gluten Fish
SIDES	Garlic bread Gluten Soya Milk & vegetable sticks	Yorkshire pudding Milk Egg Gluten Mashed potato carrots & broccoli	Tilda mixed rice carrot & cucumber sticks	Roast potatoes, carrots batons & broccoli	Oven chips garden peas or baked beans
PUDDING	Strawberry mousse Milk	Marble Sponge Gluten Egg with custard Milk	Crispy lemon tart with custard Gluten Egg Milk	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

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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	Hunters chicken Milk Soya Celery Gluten	Pasta Neapolitan Gluten Soya Milk Mustard	Nottinghamshire sausage & gravy Gluten Sulphur Dioxide	MSC Youngs fish fingers Gluten Fish
SIDES	Herby diced potatoes sweetcorn & coleslaw Egg	Potato balls broccoli & baton carrots	Garlic bread Gluten Soya Milk & crunchy vegetables	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	Oven chips, garden peas or baked beans
PUDDING	Chocolate & orange muffin Gluten Egg	Shortbread cookie Gluten	Honey cake Milk Egg Gluten & custard Milk	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 wrap
Gluten

SIDES
Baby roast potatoes
carrot sticks
& fresh coleslaw **Egg**

PUDDING
Crackers & cheese
Gluten Milk

MAIN
Spaghetti Bolognese
Soya Fish Gluten Mustard

SIDES
Crusty bread
Gluten Sesame
& sweetcorn

PUDDING
Chocolate brownie
Gluten

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

SIDES
Jacket wedges
& vegetable sticks

PUDDING
Frozen yoghurt
Milk

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
or baked beans

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



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