

# 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**

Nottinghamshire  
sausage & gravy  
**Gluten Sulphur Dioxide**

Vegan roll  
**Gluten**

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

Jacket wedges  
carrot & cucumber sticks

Roast potatoes,  
carrots batons  
& broccoli

Oven chips  
garden peas  
or baked beans

### PUDDING

Strawberry mousse  
**Milk**

Marble Sponge  
**Gluten Egg**

Honey & oatmeal cookie  
**Gluten**

Ice-cream tub  
**Milk**

Butterscotch tart  
**Gluten Milk**



Nottinghamshire  
County Council

# 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 |
|--|--------|---------|-----------|----------|--------|
|--|--------|---------|-----------|----------|--------|

|                |   |   |   |  |   |
|----------------|---|---|---|--|---|
| <b>MAIN</b>    | Margherita pizza<br><b>Gluten Soya Milk</b>             | Nottinghamshire sausage hot dog<br><b>Gluten sesame sulphur dioxide</b> | Pasta Neapolitan<br><b>Gluten Soya Milk Mustard</b>             | Roast pork, stuffing & gravy<br><b>Gluten</b>  | MSC Youngs fish fingers<br><b>Gluten Fish</b> |
| <b>SIDES</b>   | Herby diced potatoes sweetcorn & coleslaw<br><b>Egg</b> | pommes noisettes mixed salad  | Garlic bread<br><b>Gluten Soya Milk</b><br>& crunchy vegetables | Mashed potatoes Yorkshire pudding<br><b>Milk Egg Gluten</b><br>fresh cabbage & carrots | Oven chips, garden peas or baked beans        |
| <b>PUDDING</b> | Chocolate & orange muffin<br><b>Gluten Egg</b>          | Shortbread cookie<br><b>Gluten</b>                                      | Honey cake<br><b>Milk Egg Gluten</b><br>& custard <b>Milk</b>   | Jelly & fruit  | Apple flapjack<br><b>Gluten</b>               |



Nottinghamshire  
County Council

# 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**

Spaghetti Bolognese  
**Soya Fish Gluten Mustard**

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

Roast chicken, stuffing  
**Gluten & gravy**

MSC battered fish  
**Fish Gluten**

#### SIDES

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

Crusty bread  
**Gluten Sesame & sweetcorn**

Jacket wedges  
& vegetable sticks

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

Oven chips  
garden peas  
or baked beans

#### PUDDING

Noah's apple muffin  
**Egg Gluten**  
Recipe from a pupil at Mapperley Plains primary school

Chocolate brownie  
**Gluten**

Fruit portion

shortbread cookie  
**Gluten**

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



Nottinghamshire  
County Council