

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

Crispy lemon tart **Egg Gluten**
with custard **Milk**

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	Margherita pizza Gluten Soya Milk herby diced potatoes sweetcorn coleslaw Egg	Hunters Chicken Milk Celery Gluten Soya potato balls broccoli & baton carrots	Pasta Neapolitan Gluten Soya Milk Mustard garlic bread Gluten Soya Milk crunchy vegetables	Roast pork, stuffing, gravy Gluten mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	MSC Young's fish fingers Gluten Fish oven chips garden peas or baked beans
OPTION 2	 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	Tortelloni pasta with five cheese filling Gluten Egg Milk 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 & garden salad
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

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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	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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