

# 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.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**MAIN**

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

Nottinghamshire sausage **Or**  
Plant based sausage **soya sulphur**  
dioxide & gravy **Gluten Sulphur**  
dioxide Yorkshire pudding **Milk**  
Egg **Gluten** mashed potato  
carrots & broccoli

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

Roast gammon & pineapple  
**OR**  
Roast Quorn **Milk Egg**  
roast potatoes  
carrots batons & broccoli

MSC fish finger wrap  
**Gluten Fish**  
**OR**  
fishless fingers **Gluten**  
chips garden peas or baked  
beans

**OPTION 2**



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



**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** &  
vegetable sticks



**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** &  
vegetable sticks

**PUDDING**

Strawberry mousse  
**Milk**

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

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



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN

Margherita pizza  
**Gluten Soya Milk**  
herby diced potatoes  
sweetcorn  
coleslaw **Egg**

Hunters Chicken  
**Milk Celery Gluten Soya**  
**OR** Southern style burger **Milk**  
**Egg gluten**  
potato balls  
broccoli & baton carrots

Pasta Neapolitan  
**Gluten Soya Milk Mustard**  
garlic bread **Gluten Soya Milk**  
crunchy vegetables

Roast pork, stuffing, gravy  
**Gluten**  
**OR** roast quorn **Milk Egg**  
mashed potatoes  
Yorkshire pudding **Milk Egg Gluten**  
fresh cabbage & carrots


MSC Young's fish fingers  
**Gluten Fish**  
**OR** Fishless fingers **Gluten**  
oven chips  
garden peas or  
baked beans

### OPTION 2


**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

  
**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

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.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### MAIN

Margherita pizza  
**Gluten Soya Milk**  
potato wedges  
carrot sticks  
fresh coleslaw **Egg**

Spaghetti Bolognese  
**Mustard Soya Gluten Fish**  
**OR** Meatfree bolognese  
**Gluten Soya Mustard**  
crusty bread **Gluten Sesame**  
sweetcorn

Pork burger in a bun **Soya Milk, Egg, Gluten Sesame Sulphur dioxide**  
**OR** Quorn burger in a bun  
**Soya Milk Egg gluten Sesame**  
jacket wedges & vegetable sticks

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

MSC battered fish  
**Gluten Fish**  
**OR** Fishless fingers **Gluten**  
oven chips garden peas or  
baked beans

#### OPTION 2

**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 st cks  
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

#### 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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