

# 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  
& gravy **Gluten Sulphur dioxide**  
Yorkshire pudding **Milk Egg Gluten**  
mashed potato  
carrots & broccoli

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

Roast gammon &  
pineapple  
roast potatoes  
carrots batons  
& broccoli

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

**AVAILABLE DAILY: Sandwich **Gluten Soya** with Cheese **milk**, ham or tuna mayonnaise **Fish Egg****

### OPTION 2

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

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& garden salad

### PUDDING

Strawberry mousse  
**Milk**

Marble slice  
**Gluten**

Butterscotch tart  
**Gluten milk**

Ice cream tub  
**Milk**

cheese & crackers  
**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.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza <i>Gluten Soya Milk</i> herby diced potatoes sweetcorn coleslaw <i>Egg</i>	Hunters Chicken <i>Milk Celery Gluten Soya</i> potato balls broccoli & baton carrots	Pasta Neapolitan <i>Gluten Soya Milk Mustard</i> garlic bread <i>Gluten Soya Milk</i> crunchy vegetables	Roast pork, stuffing, gravy <i>Gluten</i> mashed potatoes Yorkshire pudding <i>Milk Egg Gluten</i> fresh cabbage & carrots	MSC Young's fish fingers <i>Gluten Fish</i> oven chips garden peas or baked beans
<b>AVAILABLE DAILY: Sandwich <i>Gluten Soya with Cheese milk, ham or tuna mayonnaise Fish Egg</i></b>					
OPTION 2	Jacket potato with the filling of the day, cheese <i>Milk</i> baked beans tuna mayonnaise <i>Fish Egg</i> & garden salad	Jacket potato with the filling of the day, cheese <i>Milk</i> baked beans tuna mayonnaise <i>Fish Egg</i> & garden salad	Jacket potato with the filling of the day, cheese <i>Milk</i> baked beans tuna mayonnaise <i>Fish Egg</i> & garden salad	Jacket potato with the filling of the day, cheese <i>Milk</i> baked beans tuna mayonnaise <i>Fish Egg</i> & garden salad	Jacket potato with the filling of the day, cheese <i>Milk</i> baked beans tuna mayonnaise <i>Fish Egg</i> & garden salad
PUDDING	Chocolate & orange cookie <i>Gluten</i>	Peaches in jelly	Honey cake <i>Milk Egg Gluten</i>	shortbread <i>Gluten</i>	Apple Flapjack <i>Gluten</i>



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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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Quorn dippers wrap <b>Gluten</b> baby roast potatoes carrot sticks fresh coleslaw <b>Egg</b>	Spaghetti Bolognese Mustard Soya <b>Gluten Fish</b> crusty bread Gluten Sesame sweetcorn	Pork burger in a bun Soya Milk, Egg, <b>Gluten</b> Sesame Sulphur dioxide jacket wedges vegetable sticks	Roast chicken, stuffing <b>Gluten &amp; Gravy</b> mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh broccoli & carrots	MSC battered fish <b>Gluten Fish</b> oven chips garden peas or baked beans
<b>AVAILABLE DAILY: Sandwich <b>Gluten Soya</b> with Cheese <b>milk</b>, ham or tuna mayonnaise <b>Fish Egg</b></b>					
OPTION 2	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & garden salad	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & garden salad	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & garden salad	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & garden salad	Jacket potato with the filling of the day, cheese <b>Milk</b> baked beans tuna mayonnaise <b>Fish Egg</b> & garden salad
PUDDING	Apple crumble <b>Gluten</b> & custard <b>Milk</b>	Chocolate brownie <b>Gluten</b>	Fruit yoghurt <b>Milk</b>	Chocolate crispy <b>Gluten</b>	Strawberry ice cream tub <b>Milk</b>



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