

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

Msc Fish cake
Fish Gluten

Pork meatballs
Gluten Egg

MSC fish finger wrap
Gluten Fish

SIDES

Garlic bread
Gluten Soya Milk
Garden peas &
sweetcorn

Yorkshire pudding
Milk Egg Gluten
Roast potato
carrots & broccoli

New potatoes
carrot & sweetcorn

Mixed rice
mixed salad

Oven chips
garden peas
or baked beans

PUDDING

Fruit yoghurt
Milk

Marble Sponge
Gluten Egg
with custard **Milk**

Crispy jam tart
with custard
Gluten Sulphur dioxide 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

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	Margherita pizza Gluten Soya Milk	Hunters chicken Milk Soya Celery Gluten	Pasta Neapolitan Gluten Soya Milk Mustard	Roast pork, stuffing & gravy Gluten	MSC Youngs fish fingers Gluten Fish
SIDES	Jacket wedges mixed salad	Potato balls broccoli & baton carrots	Garlic bread Gluten Soya Milk Garden peas & sweetcorn	Roast potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	Oven chips, garden peas or baked beans
PUDDING	Chocolate & orange muffin Gluten Egg	Ginger cookie Gluten	Honey cake Milk Egg Gluten & custard Milk	Cheese & crackers Milk 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

Quorn dippers wrap
Gluten

Baby roast potatoes
Mixed salad

Noah's apple sponge
Egg Gluten with custard **Milk**
Recipe from a pupil at
Mapperley Plains primary school

Spaghetti Bolognese
Soya Fish Gluten Mustard

Crusty bread
Gluten Sesame
Sweetcorn & green beans

Chocolate brownie
Gluten

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

Jacket wedges
Garden peas & sweetcorn

Ice cream tub
Milk

Roast chicken, stuffing
Gluten & gravy

Roast potatoes
Yorkshire pudding
Milk Egg Gluten
fresh broccoli & carrots

Strawberry shortcake
Milk Gluten

MSC young's fish fingers
Fish Gluten

Oven chips
garden peas or baked beans

Chocolate crispy
Gluten



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