

# 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**  
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 &  
sweetcorn

### 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**)  
**Filling:** cheese **Milk**  
vegetable sticks  
crisps  
fruit or Frube yogurt **Milk**  
or pudding of the day

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

Cheese & tomato panini  
**Milk Gluten sesame**  
Vegetable sticks

Quorn dipper wrap  
& BBQ sauce  
**Gluten Soya Celery**  
chips  
garden peas &  
sweetcorn

### PUDDING

Strawberry mousse  
**Milk**

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

Fruit in jelly

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. Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza <b>Gluten Soya Milk</b> herby diced potatoes sweetcorn Mixed salad	Tuna mayonnaise sandwich <b>Fish Egg</b> potato balls mixed salad	Pasta Neapolitan <b>Gluten Soya Milk Mustard</b> garlic bread <b>Gluten Soya Milk</b> crunchy vegetables	Roast pork, stuffing, gravy <b>Gluten</b> mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh cabbage & carrots	MSC Young's fish fingers <b>Gluten Fish</b> oven chips garden peas or baked beans
OPTION 2	 <b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> cheese <b>Milk</b> ham or tuna mayonnaise <b>Fish Egg</b> vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day	Tomato & basil pasta <b>Mustard Soya Gluten</b> garlic bread <b>Gluten Soya Milk</b> mixed salad	Jacket potato with the filling of the day, baked beans crunchy vegetables	 <b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Filling:</b> ham Roast potatoes vegetable sticks fruit or Frube yogurt <b>Milk</b> or pudding of the day	Jacket potato with the filling of the day, cheese <b>Milk</b> & garden salad
PUDDING	Chocolate & orange muffin <b>Gluten Egg</b>	Shortbread cookie <b>Gluten</b>	Honey cake <b>Milk Egg Gluten</b> & custard <b>Milk</b>	Jelly & shortbread finger <b>Gluten</b>	Apple Flapjack <b>Gluten</b>



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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	<p>Quorn dippers wrap <b>Gluten</b> baby roast potatoes carrot sticks fresh coleslaw <b>Egg</b></p>	<p>Spaghetti Bolognese <b>Mustard Soya Gluten Fish</b> crusty bread <b>Gluten Sesame</b> sweetcorn</p>	<p>Pork burger in a bun <b>Soya Milk, Egg, Gluten</b> <b>Sesame Sulphur dioxide</b> jacket wedges vegetable sticks</p>	<p>Roast chicken, stuffing <b>Gluten &amp; Gravy</b> mashed potatoes Yorkshire pudding <b>Milk Egg Gluten</b> fresh broccoli &amp; carrots</p>	<p>MSC battered fish <b>Gluten Fish</b> oven chips garden peas or baked beans</p>
OPTION 2	<p>Tuna pasta <b>Gluten Mustard Soya Fish</b> garlic bread <b>Gluten Soya Milk</b> garden salad</p>	<p>Jacket potato with the filling of the day, cheese <b>Milk</b> &amp; mixed salad</p>	<p> <b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Filling:</b> tuna mayonnaise <b>Fish Egg</b> vegetable sticks Jacket wedges fruit or Frube yogurt <b>Milk</b> or pudding of the day</p>	<p>Jacket potato with the filling of the day, baked beans &amp; crunchy vegetables</p>	<p> <b>Build your own lunch!</b> <b>Sandwich (Gluten Soya)</b> <b>Fillings:</b> ham or vegetable sticks crisps fruit or Frube yogurt <b>Milk</b> or pudding of the day</p>
PUDDING	<p>Noah's Apple sponge <b>Egg Gluten</b> &amp; custard <b>Milk</b> <small>Recipe from a pupil at Mapperley Plains primary school</small></p>	<p>Chocolate brownie <b>Gluten</b></p>	<p>Frozen yoghurt <b>Milk</b></p>	<p>Strawberry shortcake <b>Milk Gluten</b></p>	<p>Chocolate crispy <b>Gluten</b> with strawberry milkshake <b>Milk</b></p>



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