

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

Vegan roll
Gluten

Pizza muffin
Soya Milk Gluten Sesame

Tomato pasta
Mustard Soya Gluten

Nottinghamshire sausage
& gravy
Gluten Sulphur dioxide

MSC fish finger wrap
Gluten Fish

SIDES

Pommes noisettes
baked beans

Potato wedges
sweetcorn cobette

Garlic bread
Gluten Soya Milk
carrot & cucumber sticks

Mashed potatoes,
carrots batons &
broccoli

Oven chips
garden peas &
sweetcorn

PUDDING

Cheese & crackers
Milk Gluten

Chocolate Sponge
Gluten Egg
with custard Milk

Lemon muffin
Egg Gluten

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
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MAIN	Margherita pizza Gluten Soya Milk	Pasta Neapolitan Gluten Soya Milk Mustard	Hunters chicken Milk Soya Celery Gluten	Roast gammon & gravy Gluten	MSC Youngs fish fingers Gluten Fish
SIDES	Pommes noisettes sweetcorn & cucumber sticks	Garlic bread Gluten Soya Milk & crunchy vegetables	Tilda rice Garden peas & sweetcorn	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	Oven chips, garden peas
PUDDING	Chocolate & orange muffin Gluten Egg	Shortbread cookie Gluten	Honey cake Milk Egg Gluten & custard Milk	Jelly	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
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MAIN	Quorn dippers wrap Gluten	Spaghetti Bolognese Soya Fish Gluten Mustard	Pork burger in a bun Soya Milk, Egg, Gluten Sesame Sulphur dioxide	Roast chicken, stuffing Gluten & gravy	MSC battered fish Fish Gluten
SIDES	Baby roast potatoes carrot & cucumber sticks	Crusty bread Gluten Sesame & sweetcorn	Jacket wedges & vegetable sticks	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh broccoli & carrots	Oven chips garden peas & sweetcorn
PUDDING	Chocolate brownie Gluten	Noah's apple sponge Egg Gluten with custard Milk Recipe from a pupil at Mapperley Plains primary	Honey & oatmeal cookie Gluten	Frozen yoghurt Milk	Chocolate crispy with strawberry milkshake Gluten Milk



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