

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
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MAIN	Cheesy tomato pasta Gluten Mustard Soya Milk	Nottinghamshire sausage & gravy Gluten Sulphur Dioxide	Msc fish portion Gluten Fish	Roast Gammon & Pineapple	MSC fish finger wrap Gluten Fish
SIDES	Garlic bread Gluten Soya Milk & vegetable sticks	Yorkshire pudding Milk Egg Gluten Mashed potato carrots & broccoli	Diced potatoes garden peas	Roast potatoes, carrots batons & broccoli	Oven chips garden peas or baked beans
PUDDING	Fruit in jelly	Apple flapjack Gluten	Crispy lemon tart with custard Gluten Egg Milk	Ice-cream tub Milk	Butterscotch tart Gluten Milk



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	Nottinghamshire sausage & gravy Gluten Sulphur Dioxide	Msc fish portion Fish Gluten	Roast gammon & gravy	MSC Youngs fish fingers Gluten Fish
SIDES	Herby diced potatoes sweetcorn & coleslaw Egg	Yorkshire pudding Milk Egg Gluten Mashed potato carrots & broccoli	Diced potatoes garden peas	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh carrots & broccoli	Oven chips, garden peas or baked beans
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. Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Quorn dippers wrap
Gluten

Vegan roll
Gluten

Msc fish finger wrap
Fish Gluten

Roast chicken, stuffing
Gluten & gravy

MSC battered fish
Fish Gluten

SIDES

Baby roast potatoes
carrot sticks & fresh coleslaw
Egg

Roast potatoes & vegetable sticks

Jacket wedges & garden peas

Mashed potatoes
Yorkshire pudding
Milk Egg Gluten
fresh broccoli & carrots

Oven chips
garden peas or baked beans

PUDDING

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

Chocolate brownie
Gluten

Ice cream tub
Milk

Strawberry shortcake
Milk Gluten

Chocolate crispy
with strawberry milkshake
Gluten Milk



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