

# 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheesy tomato pasta <b>Gluten Mustard Soya Milk</b> garlic bread <b>Gluten Soya Milk</b> & vegetable sticks	Nottinghamshire sausage hot dog <b>Gluten sesame Sulphur dioxide</b> <b>OR</b> plant based hot dog <b>Soya</b> <b>Gluten Sesame sulphur dioxide</b> ketchup pommes noisettes seasonal vegetables	Vegan sausage roll <b>Gluten</b> diced potatoes garden peas & baked beans	Roast gammon & Yorkshire pudding <b>Milk Egg gluten</b> mashed potatoes seasonal vegetables	MSC fish fingers <b>Gluten Fish</b> oven chips garden peas & sweetcorn
OPTION 2	Jacket potato with cheese <b>Milk,</b> baked beans & vegetable sticks	Jacket potato with tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Macaroni cheese <b>Mustard Soya Milk Gluten</b> garlic bread <b>Gluten Soya Milk</b> Mixed salad	Quorn roast <b>Milk Egg</b> & Yorkshire pudding <b>Milk Egg gluten</b> mashed potatoes seasonal vegetables	Jacket potato with cheese <b>Milk,</b> baked beans & vegetable sticks
PUDDING	Strawberry mousse <b>Milk</b>	Iced chocolate sponge <b>Egg Gluten</b>	Ice cream tub <b>Milk</b>	Crispy jam tart <b>Gluten</b> <b>Sulphur dioxide</b> & custard <b>Milk</b>	honey & oatmeal cookie <b>Gluten</b>



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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 <b>Gluten Soya Milk</b> pommes noisettes carrot & cucumber sticks	Beef burger in a bun <b>Soya Milk Egg Gluten sesame Sulphur dioxide</b> diced potato garden peas	Quorn sausage pasta <b>Gluten Soya Milk Egg Mustard</b> garlic bread <b>Gluten Soya Milk</b> crunchy vegetables	Roast chicken, stuffing <b>Gluten,</b> gravy roast potatoes Yorkshire pudding <b>Milk Egg Gluten</b> seasonal vegetables	MSC battered fish portion <b>Gluten Fish</b> oven chips garden peas & baked beans
OPTION 2	Jacket potato with cheese <b>Milk,</b> baked beans & vegetable sticks	Jacket potato with tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Jacket potato with cheese <b>Milk,</b> baked beans & vegetable sticks	Quorn roast <b>Milk Egg,</b> stuffing <b>Gluten,</b> gravy roast potatoes Yorkshire pudding <b>Milk Egg Gluten</b> seasonal vegetables	Jacket potato with cheese <b>Milk,</b> baked beans & vegetable sticks
PUDDING	fruit flapjack <b>Gluten</b>	Iced sprinkle cake <b>Gluten Egg</b>	Fruit in jelly	Butterscotch tart <b>Milk Gluten</b>	Chocolate muffin <b>Gluten Egg</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
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<b>MAIN</b>	Quorn dippers <b>Gluten</b> diced potatoes carrot & cucumber ticks	Spaghetti Bolognese <b>Mustard Soya Gluten Fish</b> Garlic bread <b>Gluten Soya Milk</b> Mixed salad	Southern style Quorn burger in a wholemeal bun <b>Soya Milk egg gluten Sesame</b> pommes noisettes garden peas	Nottinghamshire sausages <b>Gluten Sulphur dioxide</b> gravy & 2 Yorkshire pudding <b>Milk Egg Gluten</b> Seasonal vegetables	MSC battered fish <b>Gluten Fish</b> oven chips garden peas or baked beans
<b>OPTION 2</b>	Jacket potato with cheese <b>Milk</b> , baked beans & vegetable sticks	Jacket potato with tuna mayonnaise <b>Fish Egg</b> & vegetable sticks	Cheese & ham Panini <b>Milk Gluten Seame</b> & vegetable sticks	Plant based sausages <b>Soya sulphur dioxide</b> , gravy & 2 Yorkshire pudding <b>Milk Egg Gluten</b> Seasonal vegetables	Jacket potato with cheese <b>Milk</b> , baked beans & vegetable sticks
<b>PUDDING</b>	Chocolate brownie <b>Gluten</b>	Ice cream roll <b>Soya Milk Egg Gluten</b>	Fruit yoghurt <b>Milk</b>	Cornflake tart <b>Gluten Sulphur dioxide</b> & custard <b>Milk</b>	Cherry shortcake cookie <b>Gluten</b>



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