

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

Chicken & coconut curry
Milk

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

Tilda mixed rice
carrot & cucumber sticks

Mashed potatoes,
carrots batons &
broccoli

Oven chips
garden peas
or baked beans

PUDDING

Strawberry mousse
Milk

Marble Sponge
Gluten Egg
with custard **Milk**

Crispy lemon tart
with custard
Gluten Egg 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

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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	pommes noisettes sweetcorn & coleslaw Egg	Potato wedges garden salad	Garlic bread Gluten Soya Milk & crunchy vegetables	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	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
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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 sticks & fresh coleslaw Egg	Crusty bread Gluten Sesame & sweetcorn	Jacket wedges & vegetable sticks	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 <small>Recipe from a pupil at Mapperley Plains primary school</small>	Chocolate brownie Gluten	Frozen yoghurt Milk	Strawberry shortcake Milk Gluten	Chocolate crispy Gluten with strawberry milkshake Milk



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