

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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Cheesy tomato pasta
Gluten Mustard Soya Milk
garlic bread
Gluten Soya Milk
& seasonal vegetables

Nottinghamshire sausage
& gravy **Gluten Sulphur dioxide**
Yorkshire pudding **Milk Egg Gluten**
mashed potato
carrots & broccoli

Meatballs & spaghetti
Mustard Soya Milk Egg Gluten
Crusty bread **Gluten Sesame**
& seasonal vegetables

Roast gammon & gravy,
roast potatoes,
Yorkshire pudding
Milk Egg gluten
carrots batons & broccoli

MSC fish finger
Gluten Fish
oven chips
garden peas or
baked beans

AVAILABLE DAILY: Filled baguette with ham **Gluten Sesame**, cheese **Gluten sesame Milk** or tuna mayonnaise **Gluten Sesame Fish Egg**

OPTION 2

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

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with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

PUDDING

Honey & oatmeal cookie
Gluten

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

Crispy lemon tart **Egg Gluten**
with custard **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

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.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza Gluten Soya Milk herby diced potatoes sweetcorn coleslaw Egg	Hunters Chicken Milk Celery Gluten Soya potato balls broccoli & baton carrots	Pasta Neapolitan Gluten Soya Milk Mustard garlic bread Gluten Soya Milk crunchy vegetables	Roast pork, stuffing, gravy Gluten mashed potatoes Yorkshire pudding Milk Egg Gluten fresh cabbage & carrots	MSC Young's fish fingers Gluten Fish oven chips garden peas or baked beans
AVAILABLE DAILY: Filled baguette with ham Gluten Sesame , cheese Gluten sesame Milk or tuna mayonnaise Gluten Sesame Fish Egg					
OPTION 2	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad	Jacket potato with the filling of the day, cheese Milk baked beans tuna mayonnaise Fish Egg & garden salad
PUDDING	Chocolate & orange muffin Gluten Egg	Shortbread cookie Gluten	Honey cake Milk Egg Gluten & custard Milk	Jelly & shortbread finger Gluten	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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Quorn dippers wrap **Gluten**
baby roast potatoes
seasonal vegetables

Spaghetti Bolognese
Mustard Soya Gluten Fish
crusty bread
Gluten Sesame
sweetcorn

Pork burger in a bun
Soya Milk, Egg, Gluten
Sesame Sulphur dioxide
jacket wedges
Seasonal vegetables

Roast chicken,
stuffing **Gluten & Gravy**
mashed potatoes
Yorkshire pudding **Milk Egg Gluten**
fresh broccoli & carrots

MSC battered fish
Gluten Fish
oven chips
garden peas or
baked beans

AVAILABLE DAILY: Filled baguette with ham **Gluten Sesame**, cheese **Gluten sesame Milk** or tuna mayonnaise **Gluten Sesame Fish Egg**

OPTION 2

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

Jacket potato
with the filling of the day,
cheese **Milk**
baked beans
tuna mayonnaise **Fish Egg**
& garden salad

PUDDING

Chocolate brownie
Gluten

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

Ice cream tub
Milk

Strawberry shortcake
Milk Gluten

Chocolate crispy **Gluten**
with strawberry milkshake **Milk**



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