

# 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 OR  
Yorkshire pudding **Milk Egg**  
**Gluten**

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

Roast or mashed  
potatoes, carrots  
batons & Green beans

Oven chips  
garden peas  
or baked beans

### PUDDING

Strawberry mousse  
**Milk**

Marble Sponge  
**Gluten Egg**  
with custard **Milk**

Shortbread cookie  
**Gluten**

Butterscotch tart  
**Gluten Milk**

Ice-cream tub  
**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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## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN

### SIDES

### PUDDING

Margherita pizza  
**Gluten Soya Milk**

pommes noisettes  
sweetcorn  
& coleslaw **Egg**

Chocolate &  
orange muffin  
**Gluten Egg**

Hunters chicken  
**Milk Soya Celery Gluten**

Herby diced potatoes  
broccoli  
& baton carrots

Honey & oatmeal cookie  
**Gluten**

Pasta Neapolitan  
**Gluten Soya Milk Mustard**

Garlic bread  
**Gluten Soya Milk**  
& crunchy vegetables

Raspberry ripple ice cream  
roll **Soya Milk Egg Gluten Milk**  
& vanilla sauce **Milk**

Roast pork,  
stuffing & gravy **Gluten**

Mashed Or roast potatoes  
Yorkshire pudding  
**Milk Egg Gluten**  
cauliflower & carrots

Jelly &  
shortbread finger  
**Gluten**

MSC Youngs fish fingers  
**Gluten Fish**

Oven chips,  
garden peas  
or baked beans

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

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**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**

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**

Garlic bread  
**Gluten Soya Milk** & sweetcorn

Jacket wedges & vegetable sticks

Mashed Or roast potatoes  
Yorkshire pudding  
**Milk Egg Gluten**  
fresh broccoli & carrots

Oven chips  
garden peas or baked beans

#### PUDDING

Chocolate brownie  
**Gluten**

Crispy lemon tart  
**Egg Gluten** & custard **Milk**

Chocolate crispy  
with strawberry milkshake  
**Gluten Milk**

Strawberry shortcake  
**Milk Gluten**

Fruit yoghurt  
**Milk**



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