

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 Gluten Mustard Soya Milk garlic bread Gluten Soya Milk & vegetable sticks	Nottinghamshire sausage & gravy Gluten Sulphur dioxide Yorkshire pudding Milk Egg Gluten mashed potato carrots & broccoli	Chicken & coconut curry Milk Tilda mixed rice carrot & cucumber sticks	Roast gammon & pineapple roast potatoes carrots batons & broccoli	MSC fish finger wrap Gluten Fish chips garden peas or baked beans
OPTION 2	Jacket potato with the filling of the day, cheese Milk , baked beans & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans & vegetable sticks	Jacket potato with the filling of the day, cheese Milk , baked beans & vegetable sticks
PUDDING	Honey & oatmeal cookie Gluten	Marble sponge Gluten Egg with custard Milk	Crispy jam tart Gluten Sulphur dioxide with custard Milk	Ice cream tub Milk	Chocolate brownie Gluten



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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

MAIN

Margherita pizza
Gluten Soya Milk
herby diced potatoes
sweetcorn &
cucumber sticks

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

OPTION 2

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
& vegetable sticks

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cheese **Milk**, baked beans
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cheese **Milk**, baked beans
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
& vegetable sticks

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**
baby roast potatoes
carrot sticks &
baked beans

Spaghetti Bolognese
Mustard Soya Gluten Fish
crusty bread **Gluten Sesame**
sweetcorn

Pork burger in a bun **Soya Milk, Egg, Gluten Sesame Sulphur dioxide**
OR Southern style burger in a bun **Soya Milk Egg Gluten Sesame**
jacket wedges
vegetable sticks

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

OPTION 2

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
& vegetable sticks

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with the filling of the day,
cheese **Milk**, baked beans
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
& vegetable sticks

Jacket potato
with the filling of the day,
cheese **Milk**, baked beans
& vegetable sticks

PUDDING

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

Butterscotch tart
Gluten Milk

Frozen yoghurt
Milk

Strawberry shortcake
Milk Gluten

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



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