

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 hot dog & onions Gluten Sesame Sulphur Dioxide	Chicken fajita wrap Gluten	Roast Turkey, stuffing Gluten & gravy	MSC fish cake Gluten Fish
SIDES	Garlic bread Gluten Soya Milk & vegetable sticks	Jacket wedges sweetcorn cobettes coleslaw Egg	Boiled new potatoes carrot sticks & coleslaw Egg	Roast & mashed potatoes, carrots batons & cauliflower	Oven chips garden peas or baked beans
PUDDING	Strawberry mousse Milk	Marble cake 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	Nottinghamshire sausage Gluten Sulphur dioxide & gravy	MSC Youngs fish fingers Gluten Fish
SIDES	Diced new potatoes sweetcorn & coleslaw Egg	Boiled new potatoes broccoli & baton carrots	Garlic bread Gluten Soya Milk & crunchy vegetables	Mashed & roast potatoes Yorkshire pudding Milk Egg Gluten parsnip & 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 & fruit	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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Quorn dippers Gluten	Spaghetti Bolognese Soya Fish Gluten Mustard	Beef burger in a bun Soya Milk, Egg, Gluten Sesame Sulphur dioxide	Nottinghamshire sausage Gluten Sulphur dioxide & gravy	MSC battered fish Fish Gluten
SIDES	Baby roast potatoes carrot sticks & fresh coleslaw Egg	Garlic bread Gluten soya Milk sweetcorn & coleslaw Egg	Jacket wedges & vegetable sticks	Mashed & roast potatoes Yorkshire pudding Milk Egg Gluten broccoli & sweetcorn cobette	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	Ice cream tub Milk	Strawberry shortcake Milk Gluten	Chocolate crispy Gluten with strawberries



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