

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

Roast potatoes,
carrots batons
& broccoli

Oven chips
garden peas
or baked beans

PUDDING

fruit salad

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

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 | 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 | Herby diced potatoes sweetcorn & coleslaw Egg | Potato balls broccoli & baton carrots | 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

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
Recipe from a pupil at Mapperley Plains primary school

Chocolate brownie
Gluten

Frozen yoghurt
Milk

Strawberry shortcake
Milk Gluten

Chocolate crispy
with strawberry
milkshake **Milk**



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