

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 & fruit yoghurt **Milk**. Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheesy tomato pasta <i>Gluten Mustard Soya Milk</i> garlic bread <i>Gluten Soya Milk</i> & salad bar	Nottinghamshire sausage & gravy <i>Gluten Sulphur dioxide</i> OR Plant based sausage <i>Soya sulphur dioxide</i> Yorkshire pudding <i>Milk Egg Gluten</i> roast potatoes & seasonal vegetables	Beef burger in a bun with ketchup <i>Soya Milk Egg Gluten Sesame Sulphur dioxide</i> OR Quorn burger in a bun <i>Soya Milk Egg Gluten Sesame</i> Pomme noisettes & salad bar	Roast gammon & gravy OR Roast Quorn <i>Milk Egg</i> Yorkshire pudding <i>Milk Egg Gluten</i> roast potatoes seasonal vegetables	MSC fish finger wrap <i>Gluten Fish</i> OR Fishless fingers <i>Gluten</i> chips garden peas or baked beans
OPTION 2	Jacket potato with the filling of the day: tuna mayonnaise <i>Fish Egg</i> & salad bar	Hot cheese panini <i>Gluten Milk Sesame</i> & salad bar	Jacket potato with the filling of the day: cheese <i>Milk</i> & salad bar	Fresh bread roll <i>Gluten Milk Sesame Soya Egg</i> with hot gammon roast potatoes & salad bar	Jacket potato with the filling of the day: baked beans & salad bar
PUDDING	Strawberry mousse <i>Milk</i>	Vanilla muffin <i>Gluten Egg</i>	Ice cream tub <i>Milk</i>	Honey & oatmeal cookie <i>Gluten</i>	Butterscotch tart <i>Gluten Milk</i>



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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 & fruit yoghurt **Milk**. Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Margherita pizza <i>Gluten Soya Milk</i> Pomme noisettes sweetcorn & salad bar	Southern style burger in a bun with mayo <i>Soya Milk Egg Gluten Sesame</i> Roast potatoes sweetcorn & salad bar	Pasta Neapolitan <i>Gluten Soya Milk Mustard</i> garlic bread <i>Gluten Soya Milk</i> & salad bar	Roast turkey OR Quorn roast <i>Egg Milk</i> stuffing <i>Gluten</i> , gravy roast potatoes Yorkshire pudding <i>Milk Egg Gluten</i> seasonal vegetables	MSC Young's fish fingers <i>Gluten Fish</i> OR fishless fingers <i>Gluten</i> oven chips garden peas or baked beans
OPTION 2	Jacket potato with the filling of the day: tuna mayonnaise <i>Fish Egg</i> & salad bar	Hot ham & cheese panini <i>Gluten Milk Sesame</i> & salad bar	Jacket potato with the filling of the day: cheese <i>Milk</i> & salad bar	Fresh bread roll <i>Gluten Soya Egg Milk Sesame</i> with hot turkey & stuffing <i>Gluten</i> roast potatoes & salad bar	Jacket potato with the filling of the day: baked beans & salad bar
PUDDING	Chocolate & orange muffin <i>Gluten Egg</i>	Shortbread cookie <i>Gluten</i>	Ice cream roll <i>Soya Egg Milk Gluten</i>	Apple Flapjack <i>Gluten</i>	Honey Muffin <i>Gluten Egg Milk</i>



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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 & fruit yoghurt **Milk**. Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Quorn dippers wrap Gluten baby roast potatoes sweetcorn salad bar & ketchup	Nottinghamshire sausage Hot dog Gluten sesame Sulphur dioxide OR plant based hot dog Soya Gluten sesame Sulphur dioxide jacket wedges ketchup & salad bar	Penne Bolognese Mustard Soya Gluten Fish garlic bread Gluten Soya Milk & salad bar	Roast chicken OR Quorn roast Milk Egg stuffing Gluten & Gravy roast potatoes Yorkshire pudding Milk Egg Gluten seasonal vegetables	MSC battered fish portion Gluten Fish OR fishless finger Gluten oven chips garden peas or baked beans
OPTION 2	Hot cheese panini Gluten Milk Sesame & salad bar	Jacket potato with the filling of the day: tuna mayonnaise Fish Egg & salad bar	Jacket potato with the filling of the day: baked beans & salad bar	Fresh bread roll Gluten Soya Egg Milk Sesame with chicken & stuffing Gluten roast potatoes & salad bar	Hot ham & cheese panini Gluten Milk Sesame & salad bar
PUDDING	Fruit jelly	Chocolate brownie muffin Gluten	Frozen yoghurt Milk	Strawberry shortcake Milk Gluten	Noah's Apple muffin Egg Gluten Recipe from a pupil at Mapperley Plains primary school



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