

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
Milk curry

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

Strawberry mousse
Milk

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

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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	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

yoghurt
Milk

Strawberry shortcake
Milk Gluten

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



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