

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
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

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

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

PUDDING

Strawberry mousse
Milk

Marble sponge **Gluten Egg**
with custard **Milk**

Crispy lemon tart **Egg Gluten**
with custard **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
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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	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	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 & cucumber sticks

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

Pork burger in a bun
Soya Milk, Egg, Gluten
Sesame Sulphur dioxide
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

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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

Chocolate brownie
Gluten

Frozen yoghurt
Milk

Strawberry shortcake
Milk Gluten

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



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