

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
PUDDING	Marble Sponge Gluten Egg with custard Milk	Cheese & crackers 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	Jacket potatoes with cheese & beans Milk	Spaghetti Bolognese Gluten	Roast turkey stuffing & gravy Gluten	MSC Youngs fish fingers Gluten Fish
SIDES	Herby diced potatoes sweetcorn & coleslaw Egg	Salad & fresh coleslaw Egg	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 muffin Milk Egg Gluten	Fruit yoghurt Milk	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	Chicken Pasta Gluten	Pork burger in a bun Soya Milk, Egg, Gluten Sesame Sulphur dioxide	Roast chicken, stuffing Gluten & gravy	MSC battered fish Fish Gluten
SIDES	Potato balls carrot sticks & fresh coleslaw Egg	Garlic bread Gluten Soya Milk & Salad	Jacket wedges & vegetable sticks	Mashed potatoes Yorkshire pudding Milk Egg Gluten fresh broccoli & carrots	Oven chips garden peas
PUDDING	Apple muffin Gluten Egg	Chocolate brownie Gluten	Cornflake tart & custard Milk Gluten Sulphur Dioxide	Strawberry shortcake Milk Gluten	Chocolate crispy Gluten with strawberry milkshake Milk



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