

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

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**

Fruit in Jelly

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 **Gluten**
with strawberry
milkshake **Milk**



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