

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.





	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	Fruit yoghurt Milk	Marble Sponge Gluten Egg with custard Milk	Crispy lemon tart with custard Gluten Egg Milk	lce-cream tub Milk	Butterscotch tart Gluten Milk





22 April, 13 May, 3 June, 24 June, 15 July, 5 Aug, 26 Aug, 16 Sept, 7 Oct

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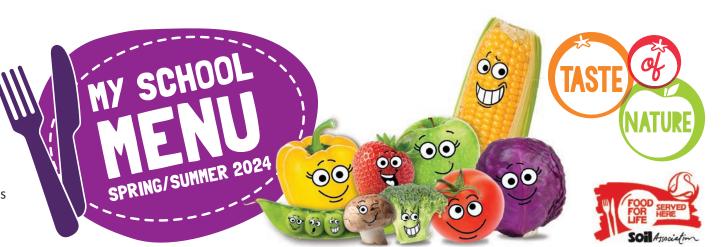




29 April, 20 May, 10 June, 1 July, 22 July 12 Aug, 2 Sept, 23 Sept, 14 Oct

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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	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 <mark>Gluten</mark> & 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	lce cream tub Milk	Strawberry shortcake Milk Gluten	Chocolate crispy Gluten

