

**AUTUMN/WINTER
2023/24**

WEEK 1

WEEK COMMENCING

January 29, February 12,
February 26, March 11,
March 25, April 8



KINOULTON PRIMARY UPDATED 9th Oct 23

Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Vegetable curry

rice
carrot & cucumber sticks

Mustard



**Apple & blackberry crumble
& custard**

Milk Gluten



TUESDAY

**Nottinghamshire sausages & gravy &
Yorkshire pudding**

Gluten Sulphur dioxide Milk Egg

VEGETARIAN OPTION

Plant based sausages & gravy Soya

Sulphur dioxide mashed potato &
Yorkshire pudding Gluten Egg Milk
honey roast parsnips & baton carrots



Marble slice

Gluten



WEDNESDAY

Pasta bolognese bake Gluten

Milk Fish **VEGETARIAN OPTION**

Meatfree bolognese bake

Gluten Milk Soya

Mediterranean roast vegetables

Garlic bread Gluten Milk Soya



Fruit yoghurt

Milk



THURSDAY

Roast chicken, stuffing gravy

Gluten

VEGETARIAN OPTION

Quorn roast, stuffing & gravy

Gluten Milk Egg

roast potatoes
carrots & green cabbage



Butterscotch tart

Gluten Milk



FRIDAY

MSC fish fingers Gluten Fish

VEGETARIAN OPTION

Fishless fingers Gluten

oven chips

garden peas
sweetcorn



Carrot cake

Gluten Egg



ALSO SERVED DAILY: Best of both bread Gluten and Soya

www.nottinghamshire.gov.uk/schoolmeals



**Nottinghamshire
County Council**

**AUTUMN/WINTER
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WEEK 2

WEEK COMMENCING

February 5, February 19,
March 4, March 18, April 1



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Macaroni cheese Gluten Milk
garlic bread Gluten Milk Soya

Mixed salad



Fruit yoghurt

Milk



TUESDAY

Farmhouse hot pot

Fish
VEGETARIAN OPTION
Vegetable curry
Rice
Mustard



Cornflake tart & custard

Gluten Sulphur dioxide
Milk



WEDNESDAY

Nottinghamshire sausages & gravy

Gluten Sulphur dioxide
VEGETARIAN OPTION

Plant based sausages Soya Sulphur dioxide
diced potatoes, baked beans carrot & cucumber sticks



Fruit in jelly



THURSDAY

Roast gammon or Roast Quorn

Yorkshire pudding & gravy
mashed potatoes green
cabbage carrots Milk Gluten Egg



Cookie

Gluten



FRIDAY

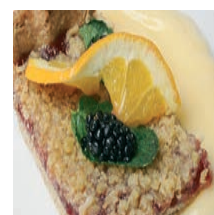
MSC fish portion Fish Gluten
VEGETARIAN OPTION

Fishless fingers Gluten
oven chips



Crispy jam tart & custard

Gluten Sulphur dioxide



ALSO SERVED DAILY: Best of both bread Gluten and Soya

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