AUTUMN/WINTER 2023/24

WEEK COMMENCING

September 18, October 9, October 30, November 20, December 11, January 1, January 22, February 12



Vegetarian meals are available upon request

Margherita pizza Gluten Milk Soya pommes noisette Milk vegetable sticks OR Jacket potato with baked beans,

cheese Milk or tuna mayonnaise Egg Fish & mixed salad



Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad

Southern style burger in a bun Gluten Egg Milk Sesame jacket wedges, carrot sticks & ranch salad Egg **OR**

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad

Roast turkey, stuffing & gravy Gluten roast OR mashed potatoes cabbage & carrots

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad

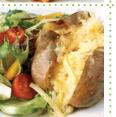
MSC fish cake Gluten Fish diced potatoes, garden peas, crunchy veg & tomato ketchup

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad

MAIN MEAL



Strawberry mousse & apple wedge OR Fruit



Cornflake tart Gluten Sulphur Dioxide & custard Milk

OR Fruit



DESSERT





Cheese & crackers OR Fruit



Apple muffin OR Fruit



ALSO SERVED DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily, Coleslaw Egg when served.

www.nottinghamshire.gov.uk/schoolmeals



AUTUMN/WINTER 2023/24



WEEK COMMENCING

September 4, September 25, October 16, November 6, November 27, December 18, January 8, January 29







Vegetarian meals are available upon request

MAIN MEAL

DESSERT



Quorn dippers Gluten jacket wedges sweetcorn & cucumber sti cks

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad



Chocolate sponge & chocolate sauce Egg Gluten Milk OR Fruit



OLS ON

Nottinghamshire sausage & gravy Gluten Sulphur Dioxide

Yorkshire pudding Egg Gluten Milk mashed potato, broccoli & carrots OR

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad



Jelly & fruit
OR
Fruit



WEDNESDAY

Cheesy tomato pasta Gluten Milk garlic bread Gluten Milk Soya carrot & cucumber sticks

OR

Jacket potato with baked be

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad



Bakewell tart
Egg Gluten Sulphur Dioxide
& custard Milk
OR
Fruit



THURSDAY

Roast pork, stuffing & gravy Gluten
Yorkshire pudding Milk Egg Gluten roast OR
mashed potato, cabbage & fresh carrots

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad



Honey & oatmeal
cookie Gluten
OR
Fruit



FRIDAY

MSC fish finger wrap Gluten Fish
Pommes noisette Milk, crunchy veg,
sweetcorn & tomato ketchup
OR

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad



Strawberry ice-cream tub Milk
OR
Fruit



ALSO SERVED DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily, Coleslaw Egg when served.

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AUTUMN/WINTER 2023/24

WEEK COMMENCING

September 11, October 2, October 23, November 13 December 4, December 25, January 15, February 5





Vegetarian meals are available upon request

Vegan roll & gravy Gluten jacket wedges garden peas & fresh carrots

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad

Meatballs in tomato sauce Gluten Egg crusty bread Gluten Sesame penne pasta Gluten

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad

Pasta Neapolitan Milk Gluten garlic bread Milk Gluten Soya sweetcorn cobette

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad

Nottinghamshire sausages Gluten Sulphur dioxide & gravy, mashed potatoes, broccoli & carrots

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad

MSC breaded fish portion Gluten Fish oven chips, garden peas & sweetcorn tomato ketchup

Jacket potato with baked beans, cheese Milk or tuna mayonnaise Egg Fish & mixed salad

MAIN MEAL



Chocolate brownie OR Fruit



Fruit yoghurt Milk Fruit



Honey cake Milk Egg Gluten & custard Milk OR Fruit



Ginger cookie Gluten OR Fruit



Butterscotch tart OR Fruit





ALSO SERVED DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily, Coleslaw Egg when served.

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