

**AUTUMN/WINTER
2023/24**

WEEK 1

WEEK COMMENCING

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



MONDAY



Margherita pizza
pommes noisette
vegetable sticks

Gluten Milk Soya

OR



Cheese & tomato panini
vegetable sticks

Gluten Sesame Milk

OR

Jacket potatoes with cheese,
beans or tuna mayonnaise,
mixed salad **Milk Egg Fish**

DESSERT



Mixed berry mousse
& apple wedge
Milk

OR Fruit

TUESDAY



Spaghetti Bolognese
garlic bread
crunchy vegetables

Gluten Milk Soya Fish

OR



Jacket potatoes with
cheese, beans or
tuna mayonnaise
& mixed salad

Milk Egg Fish

DESSERT



Cornflake tart
& custard
Milk Gluten Sulphur Dioxide

OR Fruit

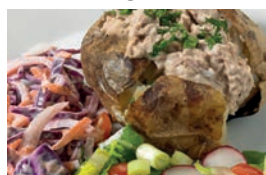
WEDNESDAY



Southern style burger
in a bun
jacket wedges
carrot sticks & ranch salad

Gluten Egg Milk Sesame

OR



Jacket potatoes with
cheese, beans or
tuna mayonnaise
& mixed salad

Milk Egg Fish

DESSERT



Fruit flapjack

Gluten

OR Fruit

THURSDAY



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

Gluten

OR



Fresh bread roll with hot
roast turkey & stuffing,
cheese, ham or tuna mayo
roast potatoes, carrot &
cucumber sticks

Gluten Sesame Egg Milk Fish

OR

Jacket potatoes with cheese,
beans or tuna mayonnaise,
mixed salad **Milk Egg Fish**

DESSERT



Cheese & crackers

Gluten Milk

OR Fruit

FRIDAY



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

Gluten Fish

OR



Jacket potatoes with
cheese, beans or
tuna mayonnaise
& mixed salad

Milk Egg Fish

DESSERT



Apple muffin

Gluten Egg

OR Fruit

AVAILABLE DAILY: Best of both bread **Gluten and Soya** Seasonal vegetables available daily, Coleslaw **Egg** when served. **Vegetarian meals** available upon request

www.nottinghamshire.gov.uk/schoolmeals



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WEEK 2

WEEK COMMENCING

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



MONDAY



Quorn dippers
roast baby potatoes
sweetcorn
cucumber sticks

Gluten

OR



Jacket potatoes with
cheese, beans or
tuna mayonnaise
& mixed salad

Milk Egg Fish

DESSERT



Chocolate sponge
& chocolate sauce

Milk Egg Gluten

OR Fruit

TUESDAY



Nottinghamshire sausage
gravy, Yorkshire pudding
mashed potato
broccoli & carrots

Egg Gluten Milk Sulphur Dioxide

OR



Cheese & tomato panini
vegetable sticks

Gluten Milk Sesame

OR

Jacket potatoes with cheese,
beans or tuna mayonnaise,
mixed salad

Milk Egg Fish

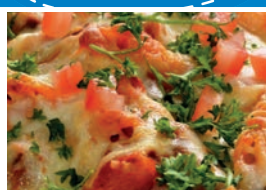
DESSERT



Jelly & fruit

OR Fruit

WEDNESDAY



Cheesy tomato pasta
garlic bread
carrot & cucumber sticks

Gluten Milk Soya

OR



Jacket potatoes with
cheese, beans or
tuna mayonnaise
& mixed salad

Milk Egg Fish

DESSERT



Bakewell tart
& custard

Egg Gluten Sulphur Dioxide Milk

OR Fruit

THURSDAY



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

Milk Egg Gluten

OR



Fresh bread roll with hot
roast pork & stuffing,
cheese, ham or tuna
mayonnaise, roast
potatoes & carrot sticks

Milk Egg Gluten Fish Sesame

OR

Jacket potatoes with cheese,
beans or tuna mayonnaise,
mixed salad

Milk Egg Fish

DESSERT



Honey & oatmeal cookie

Gluten

OR Fruit

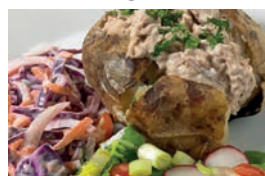
FRIDAY



MSC fish finger wrap
Pommes noisette
crunchy veg & sweetcorn
tomato ketchup

Gluten Milk Fish

OR



Jacket potatoes with
cheese, beans or
tuna mayonnaise
& mixed salad

Milk Egg Fish

DESSERT



Strawberry ice-cream tub

Milk

OR Fruit

AVAILABLE DAILY: Best of both bread **Gluten and Soya** Seasonal vegetables available daily Coleslaw **Egg** when served. **Vegetarian meals available upon request**

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**AUTUMN/WINTER
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WEEK 3

WEEK COMMENCING

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



MONDAY



Vegan roll & gravy
baby roast potatoes
garden peas
fresh carrots
Gluten

OR



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

DESSERT



Chocolate brownie
Gluten

OR Fruit

TUESDAY



Meatballs in tomato sauce
with pitta bread
Tilda rice
Crunchy vegetables
Gluten Egg Milk Soya

OR



Cheese & tomato panini
vegetable sticks
Gluten Milk Sesame

OR

Jacket potatoes with cheese,
beans or tuna mayonnaise,
mixed salad Milk Egg Fish

DESSERT



Fruit yoghurt
Milk

OR Fruit

WEDNESDAY



Pasta Neapolitan
garlic bread
sweetcorn coblette
Milk Gluten Soya

OR



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

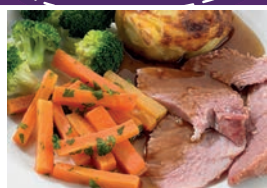
DESSERT



Honey cake
& custard
Milk Egg Gluten

OR Fruit

THURSDAY



Roast Gammon & gravy
Yorkshire pudding
roast OR mashed potatoes
carrots & broccoli
Milk Egg Gluten

OR



Fresh bread roll with hot
roast gammon, cheese,
ham or tuna mayonnaise
roast potatoes
& carrot sticks
Milk Egg Gluten Fish Sesame

OR

Jacket potatoes with cheese,
beans or tuna mayonnaise,
mixed salad Milk Egg Fish

DESSERT



Fruit cookie
Gluten

OR Fruit

FRIDAY



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

OR



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

DESSERT



Butterscotch tart
Milk Gluten

OR Fruit

AVAILABLE DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request

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