# week 1

Week commencing

21 April, 12 May, 2 June, 23 June, 14 July, 1 Sept, 22 Sept, 13 October

# Myschool Mehu -

Spring/Summer 2025

# **Available Daily:**

Fresh fruit & salad
Best of both bread

Vegetarian meals available upon request

# MONDAY

Vegetarian roll Soya Milk Gluten with baked beans, jacket wedges & sweetcorn



BBQ cheesy chicken Milk with roasted new potatoes, broccoli & carrots



Sweet & sour chicken with rice & vegetables



Roast beef, Yorkshire pudding, Milk Egg Gluten roast potatoes, cabbage carrots & gravy



Breaded fish Fish Gluten with oven chips, sweetcorn & peas

OR



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



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



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

OR



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



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

OR



Sandwich (Gluten Soya)
Fillings: cheese Milk, ham or
tuna mayonnaise Fish Egg
salad bar, crisps,
fruit or frube yogurt Milk,
or pudding of the day



Sandwich (Gluten Soya)
Fillings: cheese Milk, ham or
tuna mayonnaise Fish Egg
salad bar, crisps,
fruit or frube yogurt Milk,
or pudding of the day



Sandwich (Gluten Soya)
Fillings: cheese Milk, ham or
tuna mayonnaise Fish Egg
salad bar, crisps,
fruit or frube yogurt Milk,
or pudding of the day



Hot beef filled cob Gluten Sesame with roast potatoes & vegetables



Sandwich (Gluten Soya)
Fillings: cheese Milk, ham or
tuna mayonnaise Fish Egg
salad bar, crisps,
fruit or frube yogurt Milk,
or pudding of the day

DESSERT



Honey & oat cookie



Chocolate muffin



Ice cream tub



Cornflake tart
Gluten Sulphur Dioxide
with custard Milk





Chocolate brownie Gluten

Halal meals available upon request

www.nottinghamshire.gov.uk/schoolmeals



# week 2

Week commencing

28 April, 19 May, 9 June, 30 June, 21 July, 8 Sept, 29th Sept

Spring/Summer 2025

# **Available Daily:**

Fresh fruit & salad Best of both bread

Vegetarian meals available upon request



Pork meatballs Egg Gluten in a tomato sauce with pasta shape of the day

& roasted mediterranean



BBQ chicken taco Gluten with jewelled rice, carrot & cucumber sticks



Bangers & mash with seasonal vegetables & gravy



Roasted gammon with jacket wedges, roasted summery vegetables & gravy



MSC fish portion oven chips, sweetcorn & mushy peas

vegetables OR



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





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



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



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

OR



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

OR



Sandwich (Gluten Soya) Fillings: cheese Milk, ham or tuna mayonnaise Fish Egg salad bar, crisps, fruit or frube yogurt Milk, or pudding of the day

**DESSERT** 



Gingerbread cookies

# OR



Sandwich (Gluten Soya) Fillings: cheese Milk, ham or tuna mayonnaise Fish Egg salad bar, crisps, fruit or frube yogurt Milk, or pudding of the day

## **DESSERT**



Pancakes Gluten Milk Egg & honey

# OR

Sandwich (Gluten Soya) Fillings: cheese Milk, ham or tuna mayonnaise Fish Egg salad bar, crisps, fruit or frube yogurt Milk, or pudding of the day

## **DESSERT**



Butterscotch shortcake

# OR



Hot gammon filled cob with jacket wedges & roasted summery vegetables

Sandwich (Gluten Soya) Fillings: cheese Milk, ham or tuna mayonnaise Fish Egg salad bar, crisps,

fruit or frube yogurt Milk,

**DESSERT** 



Cherry iced bun

# or pudding of the day **DESSERT**



Strawberry fairy cake

Halal meals available upon request

www.nottinghamshire.gov.uk/schoolmeals



# week 3

Week commencing 5 May, 26 May, 16 June, 7 July, 28 July, 15 Sept, 6 October

Spring/Summer 2025

# **Available Daily:**

Fresh fruit & salad Best of both bread

Vegetarian meals available upon request



Cheesy BBQ pizza with potato balls & sweetcorn



Beef Bolognese with garlic bread, carrot & cucumber sticks



Chicken enchiladas with rice & tomato salsa



Roast gammon, mashed & roast potatoes, vegetables of the day & gravy



Fish finger cob Fish Gluten Sesame, oven chips & peas

OR



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



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



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

OR



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



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

OR



Sandwich (Gluten Soya) Fillings: cheese Milk, ham or tuna mayonnaise Fish Egg salad bar, crisps, fruit or frube yogurt Milk, or pudding of the day

Sandwich (Gluten Soya) Fillings: cheese Milk, ham or tuna mayonnaise Fish Egg salad bar, crisps, fruit or frube yogurt Milk, or pudding of the day



Sandwich (Gluten Soya) Fillings: cheese Milk, ham or tuna mayonnaise Fish Egg salad bar, crisps, fruit or frube yogurt Milk, or pudding of the day

OR

Hot gammon filled cob with jacket wedges & roasted summery vegetables



Hot filled panini Gluten with ham, tuna Fish, or cheese Milk crisps & salad bar

**DESSERT** 



Golden syrup flapjack

**DESSERT** 



Chocolate muffin Egg Gluten

## **DESSERT**



Strawberry mousse Milk with crushed meringues Egg Milk & raspberry sauce

## **DESSERT**



Jam roly poly Gluten Milk Sulphur Dioxide Egg with custard Milk

## **DESSERT**



Doughnuts Soya Milk Gluten Egg Sesame

Halal meals available upon request

www.nottinghamshire.gov.uk/schoolmeals

