

**AUTUMN/WINTER
2023/24**

WEEK 1

WEEK COMMENCING

February 12, March 4,
March 25



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Margherita pizza **Gluten Milk Soya**
pommes noisette **Milk**
vegetable sticks



Mixed berry mousse **Milk**
& apple wedge
OR
Fruit



TUESDAY

Spaghetti Bolognese **Gluten Fish**
OR VEGETARIAN OPTION
Meatfree Bolognese **Gluten Soya**
garlic bread **Gluten Milk Soya**
crunchy vegetables



Cornflake tart **Gluten Sulphur Dioxide**
& custard **Milk**
OR
Fruit



WEDNESDAY

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



Fruit flapjack **Gluten**
OR
Fruit



THURSDAY

Nottinghamshire sausage **Gluten**
Sulphur dioxide OR VEGETARIAN
OPTION Plant based sausage **Soya**
Sulphur dioxide gravy, Yorkshire
pudding **Milk Egg Gluten** mashed
potatoes cabbage & carrots



Cheese & crackers **Gluten Milk**
OR
Fruit



FRIDAY

MSC fish fingers **Gluten Fish**, diced
potatoes, garden peas,
crunchy veg & tomato ketchup
OR VEGETARIAN OPTION jacket
potato with cheese, beans or tuna
mayonnaise & mixed salad **Milk Egg**
Fish



Apple muffin **Gluten Egg**
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



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WEEK 2

WEEK COMMENCING

January 29, February 19,
March 11, April 1



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Quorn dippers **Gluten**
pommes noisette **Milk**
sweetcorn cucumber sticks



Chocolate sponge **Egg Gluten**
& chocolate sauce **Milk**
OR
Fruit



TUESDAY

Beefburger in a bun
Gluten Sesame Sulphur Dioxide Egg
OR VEGETARIAN OPTION
meatfree burger in a bun **Milk Egg**
Gluten Sesame jacket wedges &
vegetables



Jelly & fruit
OR
Fruit



WEDNESDAY

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



Shortbread cookie **Gluten**
OR
Fruit



THURSDAY

Roast chicken, stuffing & gravy
Gluten OR VEGETARIAN OPTION
Plant based sausage **Soya Sulphur dioxide**
Yorkshire pudding **Milk Egg Gluten** roast
OR mashed potato cabbage &
fresh carrots



Fruit yoghurt **Milk**
OR
Fruit



FRIDAY

MSC fish finger wrap **Gluten Fish**
pommes noisette **Milk**, crunchy veg,
sweetcorn & ketchup
OR VEGETARIAN OPTION jacket
potato with cheese, baked beans or
tuna mayonnaise & mixed salad **Milk**
Egg Fish



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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WEEK 3

WEEK COMMENCING

February 5, February 26,
March 18, April 8



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Vegan roll & gravy **Gluten**
pommes noisette **Milk**
garden peas
fresh carrots



Chocolate brownie **Gluten**
OR
Fruit



TUESDAY

Meatballs in tomato sauce
Gluten Egg
OR VEGETARIAN OPTION
Vegan balls in tomato sauce **Soya**
with pitta bread **Milk Gluten Soya**
Tilda rice & crunchy vegetables



Fruit yoghurt **Milk**
OR
Fruit



WEDNESDAY

Vegetable mac 'n' cheese **Milk Gluten**
garlic bread **Milk Gluten Soya**
sweetcorn cobette



Butterscotch tart **Milk Gluten**
OR
Fruit



THURSDAY

Roast turkey, stuffing **Gluten** & gravy
OR VEGETARIAN OPTION plant
based sausage **Soya Sulphur dioxide**
Yorkshire pudding **Milk Egg Gluten**
roast OR mashed potatoes carrots
& broccoli



Fruit cookie **Gluten**
OR
Fruit



FRIDAY

MSC breaded fish portion **Gluten Fish**
oven chips, garden peas, sweetcorn
& ketchup
OR VEGETARIAN OPTION jacket
potato with cheese, baked beans or
tuna mayonnaise & mixed salad **Milk Egg**
Fish



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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