**AUTUMN/WINTER** 2023/24



**WEEK COMMENCING** 

February 12, March 4, March 25





Vegetarian meals are available upon request



Margherita pizza Gluten Milk Soya pommes noisette Milk vegetable sticks



**MAIN MEAL** 

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



DESSERT

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



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



Fruit flapjack Gluten **OR** Fruit



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



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



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



AUTUMN/WINTER 2023/24



**WEEK COMMENCING** 

January 29, February 19, March 11, April 1



## Vegetarian meals are available upon request

## **MAIN MEAL**

## **DESSERT**



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

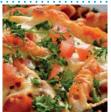


Jelly & fruit
OR
Fruit



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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AUTUMN/WINTER 2023/24

WEEK (3)

**WEEK COMMENCING** 

February 5, February 26, March 18, April 8







Vegetarian meals are available upon request

MAIN MEAL

DESSERT



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



MEDNESDAY

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

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



Fruit cookie Gluten

OR

Fruit



FRIDAY

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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