**AUTUMN/WINTER** 2023/24



**WEEK COMMENCING** 

February 12, March 4, March 25







### Vegetarian meals are available upon request

# **MAIN MEAL**

## **DESSERT**



Margherita pizza Gluten Milk Soya pommes noisette vegetable sticks

Jacket potato with baked beans,

cheese Milk or tuna mayonnaise Egg Fish



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, sweetcorn & tomato ketchup

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



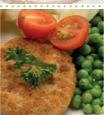














Mixed berry mousse & apple wedge **OR** Fruit



OR Fruit







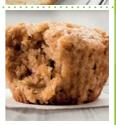




Cheese & crackers

Gluten Milk 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 2

**WEEK COMMENCING** 

January 29, February 19, March 11, April 1



### Vegetarian meals are available upon request

# **MAIN MEAL**

### DESSERT



Quorn dippers Gluten roast baby potatoes sweetcorn & cucumber sticks

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



Chocolate sponge
Egg Gluten
& chocolate sauce Milk
OR
Fruit



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



VEDNESDAY

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

OR

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



Crispy jam tart
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
OR

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, garden peas, sweetcorn & tomato ketchup

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 (3)

**WEEK COMMENCING** 

February 5, February 26, March 18, April 8







### Vegetarian meals are available upon request

# **MAIN MEAL**

### DESSERT



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

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



Chocolate brownie
Gluten
OR
Fruit



TUESDAY

Meatballs in tomato sauce Gluten Egg with pitta bread Milk Soya Gluten Tilda rice & crunchy vegetables OR

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



Fruit yoghurt Milk
OR
Fruit





Pasta Neapolitan Milk Gluten Mustard Soya garlic bread Milk Gluten Soya sweetcorn cobette OR

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



Honey cake
Milk Egg Gluten
& custard Milk
OR
Fruit





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

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







Fruit cookie Gluten
OR
Fruit





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

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