

**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
Gluten Milk Soya
pommes noisette
vegetable sticks

OR



Cheese & tomato panini
Gluten Milk Sesame
vegetable sticks

DESSERT



Mixed berry mousse Milk
& apple wedge

OR Fruit

TUESDAY



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

OR



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

DESSERT



Cornflake tart
Gluten Sulphur Dioxide
& custard Milk

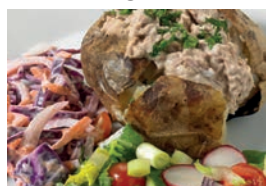
OR Fruit

WEDNESDAY



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

OR



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

DESSERT



Fruit flapjack Gluten

OR Fruit

THURSDAY



Roast turkey & stuffing
Gluten
OR VEGETARIAN OPTION
Roast Quorn Milk Egg
gravy
roast OR mashed potatoes
cabbage & carrots

OR



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

DESSERT



Cheese & crackers
Gluten Milk

OR Fruit

FRIDAY



MSC fish cake Gluten Fish
OR VEGETARIAN OPTION
Fishless fingers Gluten
diced potatoes
garden peas & crunchy
veg, tomato ketchup

OR



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

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



**Nottinghamshire
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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 **Gluten**
roast baby potatoes
sweetcorn
cucumber sticks

OR



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

DESSERT



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

OR Fruit

TUESDAY



Nottinghamshire sausages
Gluten Sulphur Dioxide
OR VEGETARIAN OPTION
Plant based sausage
Soya Sulphur Dioxide
gravy, Yorkshire pudding **Milk**
Egg Gluten mashed potato
broccoli & carrots

OR



Cheese & tomato panini
Gluten Milk Sesame
vegetable sticks

DESSERT



Jelly & fruit

OR Fruit

WEDNESDAY



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

OR



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

DESSERT



Bakewell tart
Egg Gluten Sulphur Dioxide
& custard **Milk**

OR Fruit

THURSDAY



Roast pork, stuffing & gravy
Gluten
OR VEGETARIAN OPTION
Roast Quorn **Milk Egg**
Yorkshire pudding
Milk Egg Gluten
roast OR mashed potato
cabbage & fresh carrots

OR



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

DESSERT



Honey & oatmeal cookie
Gluten

OR Fruit

FRIDAY



MSC fish finger wrap
Gluten Fish
OR VEGETARIAN OPTION
Fishless fingers wrap **Gluten**
Pommes noisette
crunchy veg & sweetcorn
tomato ketchup

OR



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

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 **Gluten**
baby roast potatoes
garden peas
fresh carrots

OR



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

DESSERT



Chocolate brownie **Gluten**

OR Fruit

TUESDAY



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

OR



Cheese & tomato panini
Gluten Milk Sesame
vegetable sticks

DESSERT



Fruit yoghurt **Milk**

OR Fruit

WEDNESDAY



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

OR



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

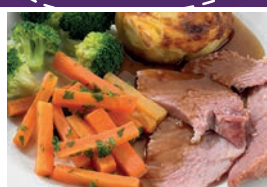
DESSERT



Honey cake **Milk Egg Gluten**
& custard **Milk**

OR Fruit

THURSDAY



Roast Gammon & gravy
OR VEGETARIAN OPTION
Roast Quorn **Milk Egg**
Yorkshire pudding
Milk Egg Gluten
roast OR mashed potatoes
carrots & broccoli

OR



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

DESSERT



Fruit cookie **Gluten**

OR Fruit

FRIDAY



MSC breaded fish portion
Gluten Fish
OR VEGETARIAN OPTION
Fishless finger **Gluten**
oven chips
garden peas & sweetcorn
tomato ketchup

OR



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

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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