

**AUTUMN/WINTER
2023/24**

WEEK 1

WEEK COMMENCING
February 12, March 4,
March 25



Vegetarian meals are available upon request

MAIN MEAL

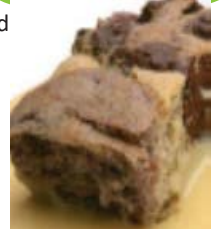
DESSERT

MONDAY

Quorn dippers **Gluten**
OR Chicken breast & gravy mashed potatoes, carrots, cauliflower
OR
Jacket potato with baked beans, Cheese **Milk** or tuna mayonnaise **Fish Egg** & mixed salad



Marble slice & custard
Milk Gluten
OR
Fruit yoghurt **Milk** jelly or fresh fruit

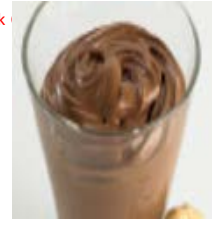


TUESDAY

Pasta Americana **Gluten Mustard Soya**
crusty bread **Gluten Sesame** sweetcorn & cucumber sticks or vegetables, tomato & basil sauce
OR
Jacket potato with baked beans, cheese **Milk** or tuna mayonnaise **Egg Fish** & mixed salad
Cheese & tomato pizza **Gluten Soya Milk**
Or Chicken breast & gravy



Flavoured mousse **Milk**
OR
Fruit yoghurt **Milk** jelly or fresh fruit



WEDNESDAY

pommes noisette **Milk**, carrot, broccoli
OR
Jacket potato with baked beans, cheese **Milk**, tuna mayonnaise **Egg Fish** & mixed salad



Crispy jam tart & custard **Gluten Sulphur dioxide Milk**
OR
Fruit yoghurt **Milk** jelly or fresh fruit



THURSDAY

Roast turkey, stuffing & gravy **Gluten**
roast potatoes
cabbage & carrots
OR
Jacket potato with baked beans, cheese **Milk** or tuna mayonnaise **Egg Fish** & mixed salad



Chocolate sponge & chocolate sauce
Gluten Milk Egg
OR
Fruit yoghurt **Milk** jelly or fresh fruit



FRIDAY

MSC fish portion **Gluten Fish**
oven chips, garden or mushy peas, sweetcorn & tomato ketchup or gravy
OR
Jacket potato with baked beans, cheese **Milk** or tuna mayonnaise **Egg Fish** & mixed salad



Strawberry ice cream
Milk
OR
Fruit yoghurt **Milk** jelly or fresh 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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2023/24**

WEEK 2

WEEK COMMENCING

**January 29, February 19,
March 11, April 1**



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Vegan roll **Gluten** or chicken breast
mashed potatoes
sweetcorn, green beans & gravy
OR

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



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

Fruit yoghurt **Milk**
jelly or fresh fruit



TUESDAY

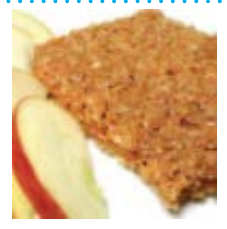
Nottinghamshire sausage & gravy
Gluten Sulphur Dioxide
Yorkshire pudding **Egg Gluten Milk**
mashed potato, cauliflower & carrots
OR

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



Fruit flapjack **Gluten**
OR

Fruit yoghurt **Milk**
jelly or fresh fruit



WEDNESDAY

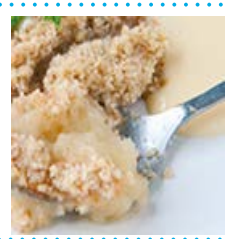
Cheesy tomato pasta **Gluten Milk**
crusty bread **Gluten Sesame** cucumber
sticks or vegetables, tomato &
basil sauce
OR

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



Apple crumble **Gluten**
& custard **Milk**
OR

Fruit yoghurt **Milk**
jelly or fresh fruit



THURSDAY

Roast pork, stuffing & gravy **Gluten**
roast potatoes, carrots & honey
roast parsnips
OR

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



Rice pudding **Milk** &
jam **Sulphur dioxide**
OR

Fruit yoghurt **Milk**
jelly or fresh fruit



FRIDAY

MSC fish fingers or fish portion **Gluten Fish**
diced potatoes mushy or garden peas
sweetcorn, tomato ketchup or
gravy **OR**

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



Chocolate muffin **Gluten**
Egg
OR

Fruit yoghurt **Milk**,
jelly or fresh fruit



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County Council**

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WEEK 3

WEEK COMMENCING

February 5, February 26,
March 18, April 8



Vegetarian meals are available upon request

MAIN MEAL

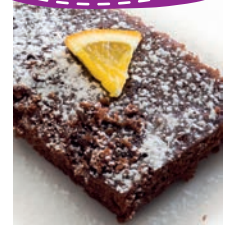
DESSERT

MONDAY

Southern style burger in a bun **Gluten Egg Milk Sesame** or chicken breast & bbq sauce **Celery Gluten Soya** jacket wedges, crunchy vegetables **OR** Jacket potato with baked beans, cheese **Milk** or tuna mayonnaise **Egg Fish** & mixed salad



Chocolate brownie **Gluten** & custard **Milk**
OR
Fruit yoghurt **Milk** jelly or fresh fruit



TUESDAY

Cheesy cottage pie **Milk Fish** & gravy cabbage & carrots
OR
Jacket potato with baked beans, cheese **Milk**, tuna mayonnaise **Egg Fish** & mixed salad



Strawberry ice cream **Milk**
OR
Fruit yoghurt **Milk** jelly or fresh fruit



WEDNESDAY

Pasta Neapolitan **Milk Gluten** or chicken breast crusty bread **Gluten Sesame** sweetcorn & cucumber sticks, tomato & basil sauce
OR Jacket potato with baked beans, cheese **Milk** or tuna mayonnaise **Egg Fish** & mixed salad



Vanilla sponge **Egg Gluten** & custard **Milk**
OR
Fruit yoghurt **Milk** jelly or fresh fruit



THURSDAY

Roast Gammon & gravy, Yorkshire pudding **Milk Egg Gluten** roast OR mashed potatoes carrots, swede & cabbage
OR
Jacket potato with baked beans, cheese **Milk** or tuna mayonnaise **Egg Fish** & mixed salad



Butterscotch tart **Gluten Milk**
OR
Fruit yoghurt **Milk** jelly or fresh fruit



FRIDAY

MSC breaded fish portion or fishcake **Gluten Fish** oven chips, garden or mushy peas & sweetcorn, tomato ketchup or gravy **OR** Jacket potato with baked beans, cheese **Milk** or tuna mayonnaise **Egg Fish** & mixed salad



Honey & oatmeal cookie **Gluten**
OR
Fruit yoghurt **Milk** jelly or fresh fruit



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