

SPRING/SUMMER 2023

WEEK 1

WEEK COMMENCING

20 February, 13 March,
3 April, 24 April, 15 May,
5 June, 26 June, 17 July,
7 August, 28 August



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Cheese & tomato pizza
Milk Gluten
roast new potatoes
carrot sticks
& sweetcorn



Fruit flapjack **Gluten**
OR
Fruit



TUESDAY

Chicken fajitas **Gluten**
OR VEGETARIAN OPTION
Quorn fajitas **Gluten Egg**
diced potatoes
crunchy vegetables



Strawberry ice-cream tub **Milk**
OR
Fruit



WEDNESDAY

Spaghetti Bolognese **Gluten Fish**
OR VEGETARIAN OPTION
Quorn Bolognese **Gluten Egg**
garlic bread **Milk Gluten Soya**
carrot & cucumber sticks



Marble slice **Gluten**
& custard **Milk**
OR
Fruit

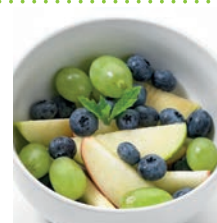


THURSDAY

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



Fruit salad
OR
Fruit



FRIDAY

MSC fish fingers **Gluten Fish**
OR VEGETARIAN OPTION
Fishless fingers **Gluten**
diced potatoes & tomato ketchup
garden peas & sweetcorn



Ginger cookie **Gluten**
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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SPRING/SUMMER 2023

WEEK 2

WEEK COMMENCING

27 February, 20 March,
10 April, 1 May, 22 May,
12 June, 3 July, 24 July
14 August



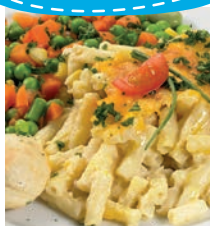
Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Vegetable mac 'n' cheese **Gluten Milk**
garlic bread **Gluten Milk Soya**
crunchy vegetables



Chocolate mousse **Milk**
& apple wedge
OR
Fruit



TUESDAY

Beefburger in a bun
Gluten Milk Sesame Soya Egg
OR VEGETARIAN OPTION
Meat free burger in a bun
Gluten Milk Sesame Soya Egg
jacket wedges
carrot sticks & ranch salad **Egg**



Jelly & fruit
OR
Fruit



WEDNESDAY

Cheese & tomato quiche **Gluten Milk Egg**
roast new potatoes
carrot sticks
coleslaw **Egg**



Strawberry ice-cream tub **Milk**
OR
Fruit



THURSDAY

Roast gammon & gravy,
OR VEGETARIAN OPTION
Quorn roast & gravy **Milk Egg**
roast new potatoes
sliced carrots
green cabbage



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



FRIDAY

MSC Fish cake **Milk Gluten Fish Mustard**
OR VEGETARIAN OPTION
Fishless finger **Gluten**
jacket wedges
garden peas & sweetcorn
tomato ketchup



Chocolate brownie **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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SPRING/SUMMER 2023

WEEK 3

WEEK COMMENCING

6 March, 27 March,
17 April, 8 May, 29 May,
19 June, 10 July, 31 July
21 August



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Quorn vegan dippers **Gluten**
roast new potatoes
sweetcorn
cucumber sticks



Scone with jam & cream
Gluten Sulphur Dioxide Milk
OR
Fruit



TUESDAY

Chilli beef with soft taco **Gluten Milk**
OR VEGETARIAN OPTION
Quorn chilli with soft taco
Gluten Egg Milk
rice, sweetcorn &
cucumber sticks



Chocolate & orange cookie **Gluten**
OR
Fruit



WEDNESDAY

Chicken pasta **Gluten**
OR VEGETARIAN OPTION
Cheese & tomato pasta **Gluten Milk**
garlic bread **Milk Gluten Soya**
carrot & cucumber sticks



Strawberry slice **Gluten**
& pink custard **Milk Gluten**
OR
Fruit



THURSDAY

Roast pork, stuffing **Gluten**
OR VEGETARIAN OPTION
Quorn roast **Milk Egg**
gravy, mashed potato,
roast potatoes



Butterscotch tart **Milk Gluten**
OR
Fruit



FRIDAY

MSC fish fingers **Gluten Fish**
OR VEGETARIAN OPTION
Fishless fingers **Gluten**
diced potatoes
garden peas & sweetcorn
tomato ketchup



Frozen yoghurt **Milk**
& ice cream wafers **Gluten Soya**
OR
Fruit



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

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