

# AUTUMN/WINTER 2023/24

## WEEK 1

### WEEK COMMENCING

September 18, October 9,  
October 30, November 20,  
December 11, January 1,  
January 22, February 12



Vegetarian meals are available upon request

### MAIN MEAL

### DESSERT

MONDAY

Margherita pizza **Gluten Milk Soya**  
pommes noisette **Milk**  
vegetable sticks



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



TUESDAY

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



WEDNESDAY

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



Fruit flapjack **Gluten**  
**OR**  
Fruit



THURSDAY

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



Cheese & crackers **Gluten Milk**  
**OR**  
Fruit



FRIDAY

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



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](http://www.nottinghamshire.gov.uk/schoolmeals)



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# AUTUMN/WINTER 2023/24

## WEEK 2

### WEEK COMMENCING

September 4, September 25,  
October 16, November 6,  
November 27, December 18,  
January 8, January 29



Vegetarian meals are available upon request

### MAIN MEAL

### DESSERT

MONDAY

Quorn dippers **Gluten**  
roast baby potatoes  
sweetcorn  
cucumber sticks



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



TUESDAY

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



Jelly & fruit  
**OR**  
Fruit

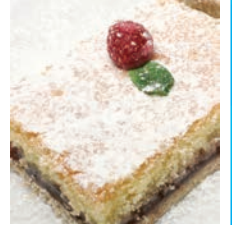


WEDNESDAY

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



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



Honey & oatmeal cookie **Gluten**  
**OR**  
Fruit



FRIDAY

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



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

September 11, October 2,  
October 23, November 13  
December 4, December 25,  
January 15, February 5



Vegetarian meals are available upon request

### MAIN MEAL

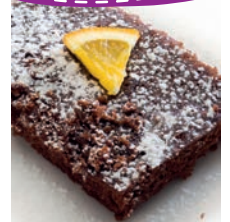
### DESSERT

MONDAY

Vegan roll & gravy **Gluten**  
baby roast potatoes  
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**  
Tilda rice & crunchy vegetables



Fruit yoghurt **Milk**  
**OR**  
Fruit



WEDNESDAY

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



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



Fruit cookie **Gluten**  
**OR**  
Fruit



FRIDAY

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



Butterscotch tart **Milk 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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