

**AUTUMN/WINTER
2022/23**

WEEK 1

WEEK COMMENCING

5 September, 26 September,
17 October, 7 November,
28 November, 19 December,
9 January, 30 January



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Vegan sausage roll
baby roast potatoes
broccoli & carrots

Gluten



Oaty apple crumble
& custard

OR
Fruit

Milk Gluten



TUESDAY

Farmhouse hotpot & gravy
mashed carrot & swede
cauliflower & peas

Fish



Chocolate & orange cookie

OR
Fruit

Gluten



WEDNESDAY

Pasta Americana
garlic bread
carrot & cucumber sticks

Milk Gluten Soya



Magic lemon sponge
& custard

OR
Fruit

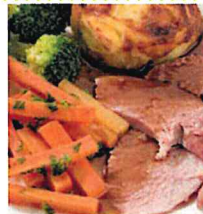
Gluten Egg Sulphur Dioxide Milk



THURSDAY

Roast gammon & gravy
roast potatoes
Yorkshire pudding
sliced carrots
honey roast parsnips

Milk Egg Gluten



Fruit flapjack

OR
Fruit

Gluten



FRIDAY

MSC Jumbo fish finger
tomato ketchup
oven chips
sweetcorn & mushy peas

Gluten Fish Mustard



Butterscotch tart

OR
Fruit

Milk Gluten



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
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WEEK 2

WEEK COMMENCING

12 September, 3 October,
24 October, 14 November,
5 December, 26 December,
16 January, 6 February



Vegetarian meals are available upon request

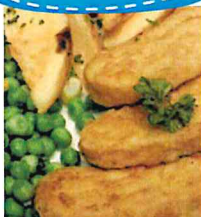
MAIN MEAL

DESSERT

MONDAY

Quorn dippers
jacket wedges
cucumber sticks
sweetcorn

Milk Egg Gluten



Rice pudding
& jam
OR
Frozen yoghurt

Milk Sulphur Dioxide



TUESDAY

Nottinghamshire sausages
gravy, Yorkshire pudding
mashed potatoes
cauliflower & sliced carrots

Egg Gluten Milk Sulphur Dioxide



Cherry shortcake
& custard
OR
Fruit

Gluten Milk



WEDNESDAY

Cheesy tomato pasta
garlic bread
coleslaw
cucumber sticks

Gluten Milk Soya Egg



Honey & oatmeal cookie
& apple wedge
OR
Fruit

Gluten



THURSDAY

Roast pork, stuffing
& gravy, roast potatoes
Yorkshire pudding
carrots & broccoli

Milk Egg Gluten



Fruit salad
OR
Fruit



FRIDAY

MSC Jumbo fish finger wrap
diced potatoes
mushy peas
& sweetcorn

Gluten Fish Mustard



Cornflake tart
& custard
OR
Fruit

Milk Gluten Sulphur Dioxide



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

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WEEK 3

WEEK COMMENCING

19 September, 10 October,
31 October, 21 November,
12 December, 2 January,
23 January, 13 February



Vegetarian meals are available upon request

MAIN MEAL

DESSERT

MONDAY

Margherita pizza
jacket wedges
carrot sticks
sweetcorn

Milk Gluten



Mixed berry mousse
& shortbread finger
OR
Fruit

Milk Gluten



TUESDAY

Cowboy pie
carrot & cucumber sticks

Gluten Milk Sulphur Dioxide



Spiced carrot cake
& custard
OR
Fruit

Gluten Egg Sulphur Dioxide Milk



WEDNESDAY

Pasta Bolognese
mixed salad

Milk Fish Gluten



Frozen yoghurt
OR
Fruit

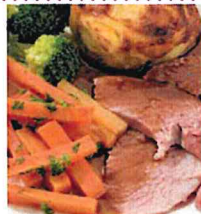
Milk



THURSDAY

Roast gammon & gravy
mashed potato
Yorkshire pudding
carrots & cabbage

Milk Egg Gluten



Chocolate brownie
OR
Fruit

Gluten



FRIDAY

Jumbo fish finger wrap
jacket wedges
tomato ketchup
mushy peas & sweetcorn

Gluten Fish Mustard



Crispy jam tart
& custard
OR
Fruit

Milk Gluten Sulphur Dioxide



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

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