# **AUTUMN/WINTER** 2022/23

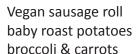


#### **WEEK COMMENCING**

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



#### Vegetarian meals are available upon request



#### Gluten

Savoury mince & gravy Yorkshire pudding mashed potatoes cauliflower & peas

#### Fish Celery Milk Egg Gluten

Pasta Americana garlic bread carrot & cucumber sticks

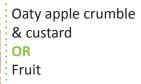
#### Milk Gluten Soya

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

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

Gluten Fish Mustard

### **MAIN MEAL**



#### Milk Gluten

Chocolate & orange cookie Fruit

#### Gluten

Magic lemon sponge & custard OR Fruit

#### Gluten Egg Sulphur Dioxide Milk

Fruit flapjack OR Fruit

#### Gluten

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** 2022/23



#### **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**



Quorn dippers jacket wedges cucumber sticks sweetcorn

Milk Egg Gluten



Cherry shortcake & custard OR Fruit

Gluten Milk

Milk



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



Frozen yoghurt OR Fruit



Egg Gluten Milk Sulphur Dioxide



Gluten Milk Soya Egg



Cornflake tart & custard OR Fruit

Milk Gluten Sulphur Dioxide



Roast pork, stuffing

& gravy, roast potatoes Yorkshire pudding carrots & broccoli



Fruit salad OR Fruit



Milk Egg Gluten

MSC Jumbo fish finger wrap Pommes noisette peas & sweetcorn

Gluten Fish Mustard Milk



Honey & oatmeal cookie & apple wedge OR

Fruit Gluten



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

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**AUTUMN/WINTER** 2022/23



#### **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



Margherita pizza jacket wedges carrot sticks sweetcorn

Milk Gluten



Spiced carrot cake & custard OR Fruit



Nottinghamshire sausages, mashed potatoes cabbage, carrots & gravy



Mixed berry mousse & shortbread finger OR Fruit

Gluten Egg Sulphur Dioxide Milk



Gluten Sulphur Dioxide

Pasta Bolognese mixed salad

Milk Fish Gluten



Jam sponge & custard OR Fruit



Milk Gluten Egg Sulphur Dioxide



Roast gammon & gravy mashed potato Yorkshire pudding carrots & cabbage



Chocolate brownie OR Fruit



Milk Egg Gluten



Jumbo fish finger wrap jacket wedges tomato ketchup peas & sweetcorn

Gluten Fish Mustard



Frozen yoghurt **OR** Fruit

Gluten



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

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