



NOTTINGHAM
FREE SCHOOL

Lunch Menu

Week Two

Main Course – £ 2.00 Meal Deal – £2.30

MONDAY

MAIN COURSE

Beef burger in a bun
Chicken fillet in a bun (H)

VEGETARIAN OPTION

Veggie burger in a bun

DESSERT

Lemon sponge & custard

VEGETABLES

Chips
Baked beans
Mixed salad
Coleslaw

TUESDAY

MAIN COURSE

Lamb madras rice & naan bread
Chicken tikka (H) rice & naan bread

VEGETARIAN OPTION

Spinach & chickpea Balti
rice & naan bread

DESSERT

Chocolate cornflake slice

VEGETABLES

Peas
Sweetcorn

WEDNESDAY

MAIN COURSE

Pork sausages/Chicken sausages (H)
& Yorkshire pudding

VEGETARIAN OPTION

Quorn sausages
& Yorkshire pudding

DESSERT

Toffee tart

VEGETABLES

Mashed potatoes
Carrots
Peas

THURSDAY

MAIN COURSE

Cottage pie

VEGETARIAN OPTION
Chunky vegetable & bean hotpot
& dumplings

DESSERT

Oaty apple & sultana crumble & custard

VEGETABLES

Green beans
Carrots

FRIDAY

PASTA BAR

Choose your pasta
Then choose your topping

Chicken carbonara (H)
Beef Bolognese
Quorn meatballs in tomato sauce

DESSERT

Spiced carrot cake

VEGETABLES

Garlic bread
Sweetcorn
Mixed salad
Coleslaw

A selection of Jacket potatoes, baguettes and wraps with various fillings are available every day
Fresh fruit, fruit jelly, fresh fruit salad and yoghurt are available every day