



NOTTINGHAM
FREE SCHOOL

Lunch Menu

Week Three

Main Course – £ 2.00 Meal Deal – £2.30

MONDAY

MAIN COURSE

**Vinegar infused fish goujons or
Salmon & cod fishcake**

VEGETARIAN OPTION

Spanish vegetable frittata

DESSERT

Chocolate marble sponge & chocolate sauce

VEGETABLES

Chips

Peas

Baked beans

Mixed salad

TUESDAY

MAIN COURSE

**Chicken lasagne (H)
& garlic bread**

VEGETARIAN OPTION

Macaroni cheese

DESSERT

Lemon meringue pie

VEGETABLES

Oven roasted vegetables

Sweetcorn

Mixed salad

WEDNESDAY

MAIN COURSE

**Roast beef & Yorkshire pudding
Roast chicken leg (H)**

VEGETARIAN OPTION

Quorn & vegetable cottage pie

DESSERT

Rice pudding & Jam or flapjack

VEGETABLES

Roast potatoes

Carrots

Green beans

THURSDAY

MAIN COURSE

**Pulled pork in a roll
Jumbo hot dog (H)**

VEGETARIAN OPTION

Spicy bean burger in a roll

DESSERT

Summer berry cheesecake

VEGETABLES

Garlic & herb baked wedges

Baked beans

Peas

Mixed salad

FRIDAY

MAIN COURSE

**Chicken Korma (H)
Rice & naan bread**

VEGETARIAN OPTION

Mexican bean chilli

Rice

DESSERT

Banoffee muffin

VEGETABLES

Sweetcorn

Broccoli

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