



NOTTINGHAM  
FREE SCHOOL

# Lunch Menu

Week One

Main Course – £ 2.10 Dessert – 40p

MONDAY

MAIN COURSE

**Giant fish finger buttie**

VEGETARIAN OPTION

**Spicy bean burger in a roll**

DESSERT

**Sultana sponge & custard**

VEGETABLES

**Chips**

**Peas**

**Mushy peas**

**Baked beans**

TUESDAY

MAIN COURSE

**Lamb stew & dumplings**

VEGETARIAN OPTION

**Quorn sausage casserole**

DESSERT

**Orange & cranberry cupcake**

VEGETABLES

**Mashed potatoes**

**Sweetcorn**

**Carrots**

WEDNESDAY

MAIN COURSE

**Roast gammon & pineapple**

**Roast chicken (H)**

VEGETARIAN OPTION

**Mozzarella & vegetable parcel**

DESSERT

**Flapjack**

VEGETABLES

**Roast potatoes**

**Green beans**

**Cauliflower cheese**

THURSDAY

MAIN COURSE

**Beef lasagne**

**Salmon & tomato lasagne**

VEGETARIAN OPTION

**Roasted vegetable risotto**

**Garlic bread**

DESSERT

**Jam sponge & custard**

VEGETABLES

**Sweetcorn**

**Mixed salad**

**Coleslaw**

FRIDAY

MAIN COURSE

**Chicken korma**

**Chicken madras (h)**

**Rice & naan bread**

VEGETARIAN OPTION

**Sweet potato & chickpea balti**

**rice & naan bread**

DESSERT

**Banana honey cake**

VEGETABLES

**Peas**

**Broccoli**

**Mixed salad**

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