



NOTTINGHAM
FREE SCHOOL

Lunch Menu

Week Two

Main Course – £ 2.10 Dessert – 40p

MONDAY

MAIN COURSE

Vinegar infused fish goujons

VEGETARIAN OPTION

Spanish omelette

DESSERT

Apple & mixed berry crumble & custard

VEGETABLES

Chips

Peas

Mushy peas

Baked beans

TUESDAY

MAIN COURSE

Mexican chicken fajita (H)

Chilli beef fajita

VEGETARIAN OPTION

Quorn & mixed bean fajita

Spicy rice

DESSERT

Jam roly poly & custard

VEGETABLES

Sweetcorn

Mixed salad

Coleslaw

WEDNESDAY

MAIN COURSE

Roast beef & Yorkshire pudding

Roast chicken leg (H)

VEGETARIAN OPTION

Quorn cottage pie

DESSERT

Fruit & krispie slice

VEGETABLES

Roast potatoes

Mashed potatoes

Carrots

Cabbage

THURSDAY

MAIN COURSE

Tuna & sweetcorn pasta bake

VEGETARIAN OPTION

Roasted vegetable & cheese lasagne

Garlic bread

DESSERT

Vanilla sponge & chocolate sauce

VEGETABLES

Broccoli

Peas

Mixed salad

Coleslaw

FRIDAY

MAIN COURSE

Meat feast pizza (H)

VEGETARIAN OPTION

Margherita pizza

DESSERT

Carrot & orange muffin

VEGETABLES

Oven baked potato wedges

Baked beans

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