



NOTTINGHAM
FREE SCHOOL

Lunch Menu

Week Three

Main Course – £ 2.10 Dessert – 40p

MONDAY

MAIN COURSE

Battered cod

VEGETARIAN OPTION

Breaded veggie burger

DESSERT

Apple pie & custard

VEGETABLES

Chips

Peas

Mushy peas

Baked beans

TUESDAY

MAIN COURSE

Chilli con carne

VEGETARIAN OPTION

**Lentil & potato dhal
Rice**

DESSERT

Oatmeal cookie

VEGETABLES

Sweetcorn

Peas

Mixed salad

WEDNESDAY

MAIN COURSE

Pork sausages

Chicken sausages (H)

VEGETARIAN OPTION

**Quorn sausages
Yorkshire pudding**

DESSERT

Syrup sponge & custard

VEGETABLES

Mashed potatoes

Carrots

Broccoli

THURSDAY

MAIN COURSE

Chicken & leek pie (H)

VEGETARIAN OPTION

Quorn & vegetable cottage pie

DESSERT

Lemon drizzle muffins

VEGETABLES

Baby new potatoes

Carrots

Peas

Mixed salad

Coleslaw

FRIDAY

MAIN COURSE

Beef Bolognese

Chicken meatballs in tomato sauce (H)

VEGETARIAN OPTION

**Roasted vegetables in tomato &
basil sauce**

DESSERT

Chocolate fudge slice

VEGETABLES

Pasta shells

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