



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