



NOTTINGHAM
FREE SCHOOL

Lunch Menu

Week Three

Main Course – £ 2.10 Dessert – 40p

MONDAY

MAIN COURSE

Vinegar Infused Fish Goujons

VEGETARIAN OPTION

Spinach & Chickpea Falafel Wrap

DESSERT

Citrus Sponge & Custard

VEGETABLES

Chips

Peas

Mushy Peas

Baked Beans

TUESDAY

MAIN COURSE

Beef Lasagne

Chicken Lasagne (H)

VEGETARIAN OPTION

Quorn Bolognese & Penne Pasta

DESSERT

Cornflake Tart & Custard

VEGETABLES

Garlic Bread

Sweetcorn

Green Beans

Mixed Salad

Coleslaw

WEDNESDAY

MAIN COURSE

Pork Sausages

Chicken Sausages (H)

VEGETARIAN OPTION

Quorn Sausages

DESSERT

Chocolate Brownie

VEGETABLES

Yorkshire Pudding

Mashed Potatoes

Carrots

Broccoli

THURSDAY

MAIN COURSE

Chicken & Vegetable Balti

VEGETARIAN OPTION

Mushroom & Chickpea Korma

DESSERT

Cherry & Oatmeal Cookie

VEGETABLES

Rice & Naan Bread

Peas

Chopped Salad

FRIDAY

MAIN COURSE

Southern Fried Chicken Fillet In A Roll

Lamb Burger (H) In A Roll

VEGETARIAN OPTION

Breaded Veggie Burgers

DESSERT

Fruit Scone With Jam & Cream

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