




Nottingham Girls' High School Lunch Menu

| Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|--|
| SOUP  | Soup Of The Day | Soup Of The Day | Soup Of The Day | Soup Of The Day | Soup Of The Day |
| Our Daily Freshly Made Soup Is Served With Wild Farm Bread, Croutons And A Selection Of Toppings | | | | | |
| MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN | Spanish Style Plant Based Ragu & Sweet Peppers |  Crispy Chicken Katsu Curry Prawn Crackers & Katsu Sauce |  Mac 'N' Cheese, Age Old Mature Cheddar & Garlic Chicken | Make Your Own Burrito Beef, Chicken Or Vegetable | Freshly Breaded Catch Of The Day Handmade Tartar Sauce & Lemon Wedges |
| | Mediterranean Roasted Vegetable Quiche, Feta Crumble | Sweet Potato Katsu, Butterbean Katsu Sauce | Salt & Pepper Tofu Mac N Cheese | | Mixed Beans Selection Of Vegetables 50/50 Rice Guacamole, Chive Sour Cream, Sweet Chilli Sauce Served With Mixed Salad |
| SIDES | Roast Garlic Potatoes Spring Cabbage Steamed Green Beans | Jasmine Rice Stir Fried Bok Choi & Chinese Leaf Steamed Edamame Beans Chilli Oil | Garlic Bread Roasted Broccoli Baked Carrots Crispy Kale | | Chunky Chips Sweetcorn Baked Beans |
| JACKETS & PASTA | Jacket Or Sweet Potato With Baked Beans And Grated Cheesed Or 50/50 Pasta With Tomato & Pea Protein Sauce | | | | |
| DESSERT | Lemon Drizzle Cake |  Boost It Carrot Cake | Spinach Cake | Eton Mess | Chocolate & Beetroot Brownies |
| | Fruit Pots | Low Sugar Fruit Jelly | Fruit Pots | Low Sugar Fruit Jelly | Fruit Pots |
| EVERYDAY | Daily Selection Of Yoghurts With Fruit Coulis Topped With Granola, Whole Fresh Fruit | | | | |