





Nottingham Girls' High School Lunch Menu

Week 2	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	Plant Based Chinese Style Sweet & Sour	Korean Spiced BBQ Chicken	Classic Slow Cooked Beef Lasagne	Greek Style Chicken Gyros	 Build Your Own Ramen Bowl Choice Of Protein, Seeds, Sauces And Oils Noodles
	 Black Bean Tofu, Tender Stem, Ginger & Garlic	Barley, Butternut & Feta Risotto	Aubergine, Lentil & Tomato Moussaka	Harissa Rubbed Paneer	
SIDES	Egg Noodles Chinese Leaf & Pak Choi Chili Carrots Prawn Crackers	Garlic Roast New Potato Roasted Broccoli Steamed Corn	Freshly Baked Garlic Bread Steamed Peas Savoy Cabbage	Lemon & Herb Giant Cous Cous Steamed Mixed Greens Roasted Vegetables Tzatziki	Pak Choi, Mushrooms, Spring Onions, Carrots, Cabbage, Baby Corn
JACKETS & PASTA	Jacket Or Sweet Potato With Baked Beans And Grated Cheesed Or 50/50 Pasta With Tomato & Pea Protein Sauce				
DESSERTS	 Boost Flapjack	Marbled Cake With Vanilla Sauce	Stick Toffee Pudding Served With Toffee Sauce	Summer Berry Mousse	Steamed Jam & Coconut Sponge Served With Custard
	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				