




# Nottingham Girls' High School Lunch Menu

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b> 	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					
<b>MAIN MEALS</b> TO NOURISH, NURTURE AND SUSTAIN	Plant Based Piri Piri, Shredded Cos, Herby Yogurt, Pita	Soy, Ginger & Honey Roasted Chicken Thighs	 British Minced Beef & Lentil Bolognese	Chicken Caesar Wrap, Crunchy Cos, Caesar Dressing	 Classic Sausage, Pork, Beef & Chicken, Creamy Mash, Red Onion Chutney
	Crispy Tofu, Shredded Cos, Herby Yogurt, Pita	Roasted Summer Vegetable Open Tart, Chickpeas Hummus	Gnocchi, Basil, Roasted Red Onion & Sun-Dried Tomato	Grilled Halloumi Wrap, Sweet & Sour Peppers, Rocket	Roasted Plant Based Sausage & Mash, Red Onion Chutney
<b>SIDES</b>	Potato Bravas Roasted Mediterranean Vegetables Roast Corn Cobs	Lemon Scented Rice Sesame Cauliflower Stir Fried Vegetables	50/50 Pasta Garlic Bread Garden Peas	Potato Wedges Classic Coleslaw Corn On The Cob	Creamy Mashed Potatoes Roasted Spiced Broccoli Cauliflower
<b>JACKETS &amp; PASTA</b>	Jacket Or Sweet Potato With Baked Beans And Grated Cheesed Or 50/50 Pasta With Tomato & Pea Protein Sauce				
<b>DESSERT</b>	Apple & Pear Crumble, Custard	Berry Cheesecake	Banoffee Pie Pots	Rice Pudding, A Fruit Of The Forest Compote	 Boosted Banana Cake
	Fruit Pots	Low Sugar Fruit Jelly	Fruit Pots	Low Sugar Fruit Jelly	Fruit Pots
<b>EVERY DAY</b>	Daily Selection Of Yoghurts With Fruit Coulis Topped With Granola, Whole Fresh Fruit				