





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				