



YOUR MENU @

NELSON
PRIMARY SCHOOL

----- Autumn - Winter 2023/24 -----

WEEK 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Vegetarian Koftas In Flatbread with Greek Salad V	Lamb & Lasagne served with Garlic Bread	Roast Chicken & Stuffing served with Roast Potatoes	Shepherd's Pie (Lamb)	Fish Fingers with Chips
Second Choice	Veggie Frankfurter Hot Dog with Jacket Wedges V	Fish Biryani	BBQ Chicken in a Tortilla Wrap served with Coleslaw	Cheese & Tomato Pizza V	Veggie Quesadilla with Chips V
Vegetarian Choice	Vegetarian Pasta & Mixed Bean Bake PB	Veggie Chilli with Rice & Tortilla PB	ND Cheese & Leek Flan served with Roast Potatoes V	Vegetable & Lentil Curry served with Rice PB	Veggie Dippers with Chips PB
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit	ND Banana Slice SS (egg free)	Cinnamon Rice Pudding SS	Apple Crumble with Custard SS	Fruit & Jelly with Ice Cream

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 1

30 OCT, 20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL (un-stunned)

KEY: **V** - Vegetarian **PB** - Plant Based **SS** - Sugar Smart
ND - New Dish **FGR** - In association with Forest Green Rovers

Eat for Free Scheme funded by



DINEin
AND DISCOVER



YOUR MENU @

NELSON
PRIMARY SCHOOL

----- Autumn - Winter 2023/24 -----

WEEK 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Oriental Quorn & Vegetable Stir Fry with Egg Noodles V	Lamb & Vegetable Jollof Rice	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Greek Style Souvlaki Chicken with Rice	Fish Fingers with Jacket Wedges
Second Choice	Jacket Potato with Cheese & Beans V	Veggie Sausages with Mashed Potatoes V	Spinach & Feta Whirl served with Roast Potatoes V	Ratatouille Ravioli PB	Tandoori Chicken in Naan with Salad
Vegetarian Choice	Thai Style Veggie Rice Bowl PB	Sweet Potato Macaroni Cheese V	Forest Green Rovers Vegan Burger in Bun with Salad FGR PB	Chickpea & Potato Curry with Rice PB	Vegetarian Sausage Roll with Baked Jacket Wedges PB
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ice Cream Sponge Roll	ND Fruit Pudding & Custard (egg free) SS	Pineapple Cheesecake SS	Lemon & Courgette Cake with Custard SS	Waffles with Fruit & Ice Cream
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

WEEK 2

6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL (un-stunned)

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart
ND - New Dish FGR - In association with Forest Green Rovers

DINEin
AND DISCOVER

Eat for Free Scheme funded by





YOUR MENU @

NELSON
PRIMARY SCHOOL

----- Autumn - Winter 2023/24 -----

WEEK 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Vegetable Samosa served with Rice & Dhal PB	Spaghetti Bolognese with Garlic Bread	Roast Chicken served with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Pie with Mashed Potatoes	Fish Fingers served with Baked Jacket Wedges
Second Choice	Jacket Potato with Cheese & Beans V	Lamb Burger in a Bun with Salad & Jacket Wedges	Veggie & Lentil Pasta Bake PB	Lamb Tikka Masala served with Rice	Mexican Veggie Burrito V
Vegetarian Choice	Mixed Bean Quesadilla PB	Veggie Keema served with Raita & Naan Bread V	Veggie 'Toad in the Hole' with Roast Potatoes V	Sweet Pepper & Feta Frittata with Mashed Potatoes V	Quorn Pattie Muffin with Baked Jacket Wedges V
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit	Carrot Cake (egg free) ND SS	Fruit Smoothie	Chocolate Sponge & Chocolate Custard* SS	Strawberry Mousse with Fresh Fruit SS

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 3

13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL (un-stunned)

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart
ND - New Dish FGR - In association with Forest Green Rovers

Eat for Free Scheme funded by



DINEin
AND DISCOVER