

Food allergy labelling

Our menus are clearly labelled with a number of potential allergens which could affect your child so you can be sure your child's school meal is safe for them, as well as being tasty, healthy and great value.

The symbols to look out for are:

Ce Celery (and celeriac)	F Fish	N Nuts
L Cereals containing gluten	L Lupin (lupin flowers and their seeds)	P Peanuts
Cr Crustaceans, (e.g. prawns, crabs, lobster, crayfish)	M Milk	S Sesame
E Eggs	Mu Mustard	Sb Soybeans
		SO₂ Sulphur dioxide (a food additive and preservative)

If your child is allergic to a food that is not on this list, please ask your schools catering team for advice (contact details below).

For more information about our food allergy labelling, please visit nottinghamshire.gov.uk/schooldinners



Give school meals a try

If you are interested in trying school meals, simply contact the main office at your child's school.

If you encounter any problems with school dinners, please let us know by email: enquiries@nottscc.gov.uk or call **0300 500 80 80**.



Nottinghamshire County Council
 0300 500 80 80
enquiries@nottscc.gov.uk
nottinghamshire.gov.uk/schooldinners
 PO Box 9320 Nottingham NG15 5BL
[@NottsCC](https://www.facebook.com/nottinghamshire)
[facebook.com/nottinghamshire](https://www.facebook.com/nottinghamshire)

D&P/7_16/E&R/7234



Our school dinners

Choice menu



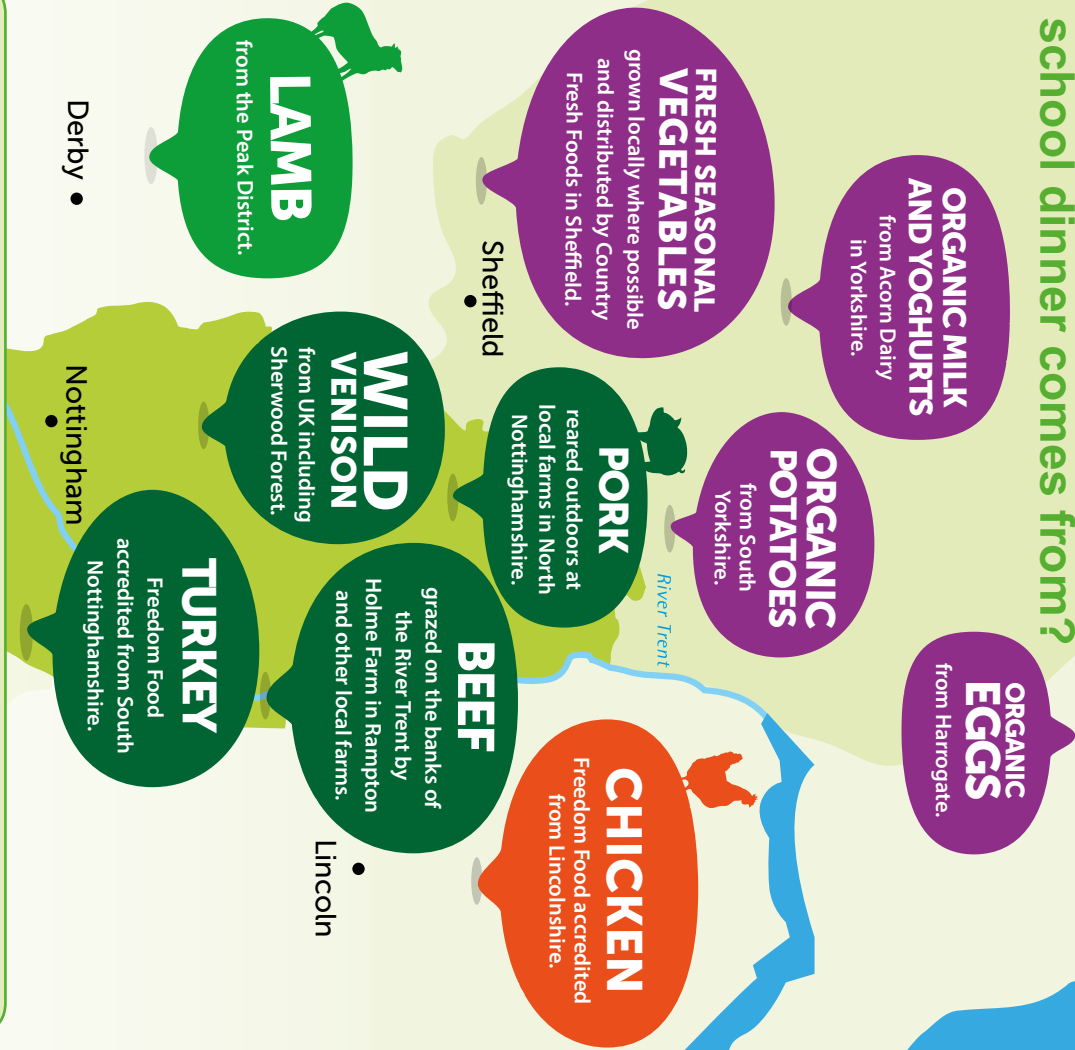
Autumn - Winter
2016/17

The meat used in our dinners is from an award-winning local butchers – Maloney's (www.quality-butchers.co.uk). Their meat comes from animals that are born and reared outdoors, and allowed to graze freely in the fields and parks in and around the county.

In Nottinghamshire we are actively trying to reduce our carbon footprint and are proud to be going local with our school dinners, to cut down on our food miles.

Please note that occasionally accompaniments pictured may differ from the menu as a result of seasonality or deliveries. Medical dietary requirements are catered for.

Please visit our website nottinghamshire.gov.uk/schooldinners for more information.



Do you know where your school dinner comes from?

Foraged for Freshness

We've been foraging, in every nook and cranny of our region, looking for local suppliers of fresh, tasty and wherever possible organic food for our delicious school meals.

Our autumn and winter menus include some of these fabulous foods, fresh from the harvest. At this time of year our hedgerows and fields are teeming with delicious local fruit. Two good examples of this are apples and blackberries, both give a nutritional boost as they're packed with vitamin C to help keep away those winter colds.

As well as being good for you, apples and blackberries taste great, especially when used in classic hot British puddings. Apple and blackberry cake is just one example from our new menu, which is served with creamy comforting custard that is made from milk from one of our local dairies. To try making it for yourself visit: nottinghamshire.gov.uk/recipes

Not only is all our foraged food healthy and tasty but you also have the peace of mind that it's safe to eat. We only use food which is nutritious, washed, and from a sustainable source so it doesn't damage our environment.

Try making our apple & blackberry cake for yourself visit: nottinghamshire.gov.uk/recipes



To find more about where your school meal comes from visit: nottinghamshire.gov.uk/schooldinners

Menu week one

31 October, 21 November, 12 December, 9 January, 30 January, 27 February, 20 March

Monday

	or		+	
Margherita pizza Potato croquettes Seasonal vegetables		Roasted vegetable pasta Garlic dough ball Seasonal vegetables		Honey cake




Tuesday

	or		+	
Turkey & cranberry meatballs in gravy New potatoes Seasonal vegetables		Jacket potato with cheese & baked beans Mixed salad Coleslaw		Butterscotch tart

Wednesday

	or		+	
Spaghetti bolognese Garlic dough ball Mixed salad		Vegetable finger Baby potatoes Seasonal vegetables		Pineapple upside down pudding & custard

Thursday

	or		+	
Roast pork, stuffing & gravy Roast potatoes Mashed potatoes Seasonal vegetables		Roast quorn, stuffing & gravy Roast potatoes Mashed potatoes Seasonal vegetables		Cheese & crackers Apple wedge



Friday

	or		+	
MSC fish fingers Jacket wedges Seasonal vegetables		Vegetable curry Wholegrain rice Naan bread Minted salad		Magic chocolate pudding & chocolate sauce

Menu week two

7 November, 28 November, 19 December, 16 January, 6 February, 6 March, 27 March




Monday

	or		+	
Vegetarian sausage roll & gravy Potato croquettes Seasonal vegetables		Cheesy potato pie & gravy Crusty bread Seasonal vegetables		Chocolate mousse & fruit




Tuesday

	or		+	
Venison hotpot & gravy Mashed potatoes Seasonal vegetables		Jacket potato with cheese & baked beans Mixed salad Coleslaw		Apple & blackberry cake & custard




Wednesday

	or		+	
Chicken & lentil curry Wholegrain rice Naan bread Minted salad		Cheese & onion roll Baked baby jacket potatoes Baked beans Sweetcorn		Cornflake tart & custard

Thursday

	or		+	
Roast beef, Yorkshire pudding & gravy Roast potatoes, Mashed potatoes Seasonal vegetables		Roast quorn, Yorkshire pudding & gravy Roast potatoes, Mashed potatoes Seasonal vegetables		Fruit salad & frozen yoghurt




Friday

	or		+	
MSC fish portion Oven chips Seasonal vegetables		Vegetable cottage pie & gravy Jacket wedges Seasonal vegetables		Licky sticky pudding & custard




Menu week three

14 November, 5 December, 2 January, 23 January, 20 February, 13 March




Monday

	or		+	
Quorn dippers in a tortilla wrap Jacket wedges Mixed salad Coleslaw		Jacket potato with cheese & beans Mixed salad Coleslaw		Rice pudding & jam




Tuesday

	or		+	
Nottinghamshire sausage in onion gravy Yorkshire pudding, Mashed potatoes, Seasonal vegetables		Quorn sausage in onion gravy Yorkshire pudding Mashed potatoes Seasonal vegetables		Crispy jam tart & custard




Wednesday

	or		+	
Cheesy cottage pie & gravy Seasonal vegetables		Vegetarian meatfree balls in gravy Mashed potatoes Seasonal vegetables		Chocolate ice cream cake & hot chocolate sauce

Thursday

	or		+	
Roast turkey, stuffing & gravy Roast potatoes Mashed potatoes Seasonal vegetables		Quorn roast, stuffing & gravy Roast potatoes Mashed potatoes Seasonal vegetables		Fruit flapjack & milkshake

Friday

	or		+	
MSC fish goujons Jacket wedges Seasonal vegetables		Vegetable chilli con carne Wholegrain rice Mixed salad		Spiced carrot cake & custard