



SECONDARY MENU

SPRING-SUMMER 2023

WEEK 1

MEAL DEALS OF THE DAY

all meals come with a dessert of the day and a bottle of water

CHEF'S MEAL OF THE DAY

Each meal comes with a dessert and a bottle of water

MONDAY



BBQ vegan balls
SOYA, GLUTEN, CELERY
or
Mixed bean bake
MILK



A
Brown rice
or
Garlic bread
GLUTEN, MILK, SOYA

B
Sweetcorn
or
Coleslaw
EGG

TUESDAY



Spaghetti Bolognese
FISH, GLUTEN
or
Lentil Bolognese
GLUTEN, CELERY



A
Crusty bread
GLUTEN, SESAME
or
Garlic bread
GLUTEN, MILK, SOYA

B
Carrot & cucumber sticks

WEDNESDAY



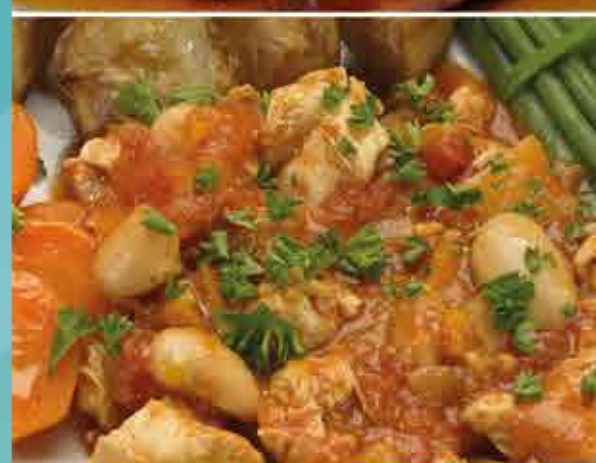
Nottinghamshire sausage & gravy
GLUTEN, SULPHUR DIOXIDE
or
Plant based sausage & gravy
SOYA, SULPHUR DIOXIDE



A
Mashed potatoes
or
Yorkshire pudding
MILK, EGG, GLUTEN

B
Carrots
or
Cabbage

THURSDAY



Summer chicken casserole
CELERY, GLUTEN
or
Quorn summer casserole
CELERY, GLUTEN, EGG



A
New potatoes
or
Crusty bread
GLUTEN, SESAME

B
Broccoli
or
Swede

FRIDAY



MSC breaded fish
GLUTEN, FISH
with lemon wedge
or
Quorn fishless fingers
GLUTEN
with lemon wedge



A
Crispy chunky chips
or
Diced potatoes

B
Mushy peas
or
Petit pois peas
or
Crunchy vegetables

DESSERT OF THE DAY



Apple & raspberry crumble
GLUTEN
& custard MILK
or
Yoghurt MILK
or
Fruit



Scone with jam & cream
MILK, GLUTEN, SULPHUR DIOXIDE
or
Yoghurt MILK
or
Fruit



Chocolate brownie
GLUTEN
or
Yoghurt MILK
or
Fruit



Cornflake tart
GLUTEN, SULPHUR DIOXIDE
& custard MILK
or
Yoghurt MILK
or
Fruit



Fruit flapjack
GLUTEN
or
Yoghurt MILK
or
Fruit



Choose one item from choice A and one item from choice B

For information about food allergens please ask the Chef Manager



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery



**Nottinghamshire
County Council**



SECONDARY MENU

SPRING-SUMMER 2023

WEEK 2

MEAL DEALS OF THE DAY

all meals come with a dessert of the day and a bottle of water

CHEF'S MEAL OF THE DAY

Each meal comes with a dessert and a bottle of water

MONDAY



Macaroni cheese
MILK, GLUTEN
or
Tomato & basil pasta
GLUTEN



A
Garlic bread
GLUTEN, MILK, SOYA
or
Crusty bread
GLUTEN, SESAME

B
Crunchy vegetables
or
Sweetcorn

TUESDAY



Italian meatball wrap
EGG, GLUTEN
or
Vegan meatball wrap
GLUTEN, SOYA



A
New potatoes
or
Diced potatoes

B
Cucumber sticks
or
Coleslaw EGG

WEDNESDAY



Roast Gammon & gravy
or
Roast Quorn & gravy
MILK, EGG



A
Roast new potatoes
or
Yorkshire pudding
MILK, EGG, GLUTEN

B
Diced swede
or
Green cabbage

THURSDAY



Chicken & coconut curry
MUSTARD, MILK
or
Vegetable chickpea & coconut curry
MUSTARD, MILK



A
Brown rice
or
Chapati
GLUTEN

B
Cucumber & mint raita MILK
or
Sweetcorn cobette

FRIDAY



MSC breaded fish
GLUTEN, FISH
with lemon wedge
or
Quorn fishless fingers
GLUTEN
with lemon wedge



A
Crispy chunky chips
or
Diced potatoes

B
Mushy peas
or
Petit pois peas
or
Crunchy vegetables

DESSERT OF THE DAY



Peaches in jelly
or
Yoghurt MILK
or
Fruit



Chocolate & orange cookie
GLUTEN
or
Yoghurt MILK
or
Fruit



Strawberry slice
GLUTEN
or
Yoghurt MILK
or
Fruit



Raspberry ripple ice cream roll
GLUTEN EGG MILK SOYA
or
Yoghurt MILK
or
Fruit



Crispy jam tart
GLUTEN, SULPHUR DIOXIDE
& custard MILK
or
Yoghurt MILK
or
Fruit



Choose one item from choice A and one item from choice B

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SECONDARY MENU

SPRING-SUMMER 2023

WEEK 3

MEAL DEALS OF THE DAY

all meals come with a dessert of the day and a bottle of water

CHEF'S MEAL OF THE DAY

Each meal comes with a dessert and a bottle of water

MONDAY



Cheese & tomato quiche
MILK, EGG, GLUTEN
or
Roast vegetable pasta
GLUTEN



A
New potatoes
or
Garlic bread
GLUTEN, MILK, SOYA

B
Sweetcorn
or
Ranch salad EGG

TUESDAY



Venison burger in a bun
with lettuce & mayonnaise
MILK, SOYA, GLUTEN, EGG,
SULPHUR DIOXIDE, SESAME
or
Meat free burger in a bun
with lettuce & mayonnaise
MILK, SOYA, GLUTEN, EGG,
SESAME



A
Diced potatoes
or
Roast potatoes

B
Crunchy vegetables
or
Coleslaw EGG

WEDNESDAY



Roast pork,
stuffing GLUTEN
& gravy
or
Roast Quorn MILK, EGG,
stuffing GLUTEN
& gravy



A
Yorkshire pudding
MILK, EGG, GLUTEN
or
Roast new potatoes

B
Carrots
or
Spring cabbage

THURSDAY



Pepperoni pizza
MILK, CELERY, EGG, GLUTEN,
MUSTARD, SOYA
or
Margherita pizza
MILK, GLUTEN



A
Garlic bread
GLUTEN, MILK, SOYA
or
Jacket wedges

B
Crunchy vegetables
or
Coleslaw EGG

FRIDAY



MSC breaded fish
GLUTEN, FISH
with lemon wedge
or
Quorn fishless fingers
GLUTEN
with lemon wedge



A
Crispy chunky
chips
or
Diced potatoes

B
Mushy peas
or
Petit pois peas
or
Crunchy vegetables

DESSERT OF THE DAY



Mixed berry mousse MILK
& shortbread biscuit GLUTEN
or
Yoghurt MILK
or
Fruit



Ginger cookie
GLUTEN
or
Yoghurt MILK
or
Fruit



Marble slice GLUTEN
& custard MILK
or
Yoghurt MILK
or
Fruit



Summer fruit salad
or
Yoghurt MILK
or
Fruit



Butterscotch tart
MILK, GLUTEN
or
Yoghurt MILK
or
Fruit



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