



SECONDARY MENU

AUTUMN – WINTER 2022/23



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 or aqua juice

MONDAY



Pasta Americana
SOYA, GLUTEN
or
Mixed bean bake
MILK



A
Garlic bread
GLUTEN, MILK, SOYA
or
Jacket wedges

B
Sweetcorn
or
Mixed salad

TUESDAY



Farmhouse hotpot
FISH
or
Quorn hotpot
EGG



A
Carrot & swede mash
or
Roast potatoes

B
Cauliflower
or
Peas

WEDNESDAY



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



A
Roast potatoes
or
Yorkshire pudding
MILK, EGG, GLUTEN

B
Carrots
or
Honey roast parsnips

THURSDAY



Beef madras
MUSTARD, MILK, CELERY
or
Vegetable madras
MUSTARD, MILK, CELERY



A
Naan bread
GLUTEN, MILK
or
Wholegrain rice

B
Cucumber & mint raita
MILK
or
Mixed salad

FRIDAY



Breaded Fish GLUTEN, FISH
Lemon Wedge
Tartare Sauce EGG
or
Quorn Fishless Fingers
GLUTEN
with Lemon Wedge
Tartare Sauce EGG



A
Crispy Chunky Chips
or
Baby Potatoes

B
Mushy Peas
or
Petit Pois Peas
or
Mixed Salad

DESSERT OF THE DAY



Oaty Apple crumble & custard
GLUTEN, MILK
or
Yoghurt MILK
or
Fruit



Butterscotch tart
GLUTEN, MILK
or
Yoghurt MILK
or
Fruit



Fruit flapjack
GLUTEN
or
Yoghurt MILK
or
Fruit



Magic chocolate pudding & custard
GLUTEN, EGG, MILK
or
Yoghurt MILK
or
Fruit



Honey & oatmeal cookie
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

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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 or aqua juice

MONDAY



Beef chilli
or
Vegetable
5 bean chilli



A
Garlic bread
GLUTEN, MILK, SOYA
or
Jacket wedges

B
Sweetcorn salsa
SESAME
or
Crunchy vegetable

TUESDAY



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



A
Mashed potatoes
or
Yorkshire pudding
GLUTEN, EGG, MILK

B
Cauliflower
or
Carrots

WEDNESDAY



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



A
Roast potatoes
or
Mashed potatoes

B
Carrots
or
Broccoli

THURSDAY



Sweet & sour pork
CELERY
or
Sweet & sour
plant based balls
SOYA, CELERY



A
Noodles
GLUTEN, EGG
or
Wholegrain rice

B
Stir fry vegetables
or
Sweetcorn

FRIDAY



Breaded Fish GLUTEN, FISH
Lemon Wedge
Tartare Sauce EGG
or
Quorn Fishless Fingers
GLUTEN
with Lemon Wedge
Tartare Sauce EGG



A
Crispy Chunky
Chips
or
Baby potatoes

B
Mushy Peas
or
Petit Pois Peas
or
Mixed Salad

DESSERT OF THE DAY



Rice pudding & jam
MILK, SULPHUR, DIOXIDE
or
Yoghurt MILK
or
Fruit



Cherry Shortcake
& custard
GLUTEN, MILK
Yoghurt MILK
or
Fruit



Fruit salad
or
Yoghurt MILK
or
Fruit



Chocolate &
orange cookie
GLUTEN
or
Yoghurt MILK
or
Fruit



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



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

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SECONDARY MENU

AUTUMN – WINTER 2022/23



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 or aqua juice

MONDAY



Chicken Fajitas
GLUTEN
or
Quorn Fajitas
GLUTEN, EGG



A
Savoury rice
or
Jacket wedges

B
Sweetcorn
or
Crunchy veg

TUESDAY



Cowboy pie
MILK, GLUTEN, SULPHUR, DIOXIDE
or
Plant based cowboy pie
GLUTEN, MILK, SOYA, SULPHUR DIOXIDE



A
Diced potatoes
or
Roast potatoes

B
Carrots
or
Peas

WEDNESDAY



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



A
Yorkshire pudding
MILK, EGG, GLUTEN
or
Mashed potatoes

B
Carrots
or
Green cabbage

THURSDAY



Spaghetti Bolognese
FISH, GLUTEN
or
Quorn Bolognese
GLUTEN, EGG



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

B
Mixed salad
or
Coleslaw
EGG

FRIDAY



Breaded Fish **GLUTEN, FISH**
Lemon Wedge
Tartare Sauce **EGG**
or
Quorn Fishless Fingers
GLUTEN
with Lemon Wedge
Tartare Sauce **EGG**



A
Crispy Chunky Chips
or
Baby potatoes

B
Mushy Peas
or
Petit Pois Peas
or
Mixed Salad

DESSERT OF THE DAY



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



Spiced carrot cake & custard
GLUTEN, EGG, SULPHUR DIOXIDE, MILK
or
Yoghurt **MILK**
or
Fruit



Date slice & custard
GLUTEN, MILK
or
Yoghurt **MILK**
or
Fruit



Chocolate brownie
GLUTEN
or
Yoghurt **MILK**
or
Fruit



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



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

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