



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





SECONDARY MENU

AUTUMN – WINTER 2022/23



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



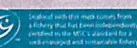
Chocolate brownie
GLUTEN
or
Yoghurt MILK
or
Fruit



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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Nottinghamshire
County Council