

SECONDARY MENU





WEEK 1

MEAL DEALS OF THE DAY

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

DESSERT OF THE DAY

CHEF'S MEAL OF THE DAY

Each meal comes with a dessert and a bottle of water or aqua juice



Pasta Americana **SOYA, GLUTEN**

Mixed bean bake

Farmhouse hotpot

Quorn hotpot



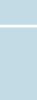
Garlic bread GLUTEN, MILK, SOYA

Jacket wedges



Sweetcorn

Mixed salad



Carrot & swede mash

Roast potatoes

Cauliflower

Peas



Butterscotch tart

Oaty Apple crumble & custard

GLUTEN, MILK

GLUTEN, MILK

Yoghurt MILK

Fruit

Yoghurt MILK

Fruit



Roast Gammon & gravy

Roast Quorn & gravy MILK, EGG



Roast potatoes

Yorkshire pudding MILK, EGG, GLUTEN



B

Honey roast parsnips

Carrots



Fruit flapjack

GLUTEN

Yoghurt MILK

Fruit



Beef madras MUSTARD, MILK, CELERY

Vegetable madras MUSTARD, MILK, CELERY



Wholegrain rice

GLUTEN, MILK

Cucumber & mint raita **MILK**

Mixed salad



Magic chocolate pudding & custard

GLUTEN, EGG, MILK

Yoghurt MILK

Fruit



Breaded Fish GLUTEN, FISH Lemon Wedge Tartare Sauce EGG

Quorn Fishless Fingers with Lemon Wedge

Tartare Sauce EGG

A

Crispy Chunky Chips

Baby Potatoes

B **Mushy Peas**

Petit Pois Peas

Mixed Salad



Honey & oatmeal cookie

GLUTEN

Yoghurt MILK

Fruit



For information about food allergens please ask the Chef Manager









SECONDARY MENU





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



HONDAY

TUESDAY

Beef chilli

Vegetable 5 bean chilli



Garlic bread GLUTEN, MILK, SOYA

Jacket wedges



Sweetcorn salsa SESAME

Crunchy vegetable

B

Cauliflower

Carrots





Rice pudding & jam MILK, SULPHUR, DIOXIDE

Yoghurt MILK

Fruit



Cherry Shortcake & custard **GLUTEN, MILK**

Yoghurt MILK

Fruit



Roast Pork stuffing & gravy

sausage & gravy **SOYA, SULPHUR DIOXIDE**

Nottinghamshire

sausage & gravy

Plant based

GLUTEN, SULPHUR DIOXIDE

GLUTEN Roast Quorn, stuffing & gravy

MILK, EGG, GLUTEN

Roast potatoes

Mashed potatoes

Yorkshire pudding

GLUTEN, EGG, MILK

Mashed potatoes

Carrots

B

Stir fry vegetables

Broccoli



Fruit salad

Yoghurt MILK

Fruit



Sweet & sour pork

Sweet & sour plant based balls **SOYA, CELERY**

Noodles

GLUTEN, EGG

Sweetcorn

Chocolate & orange cookie

GLUTEN

Yoghurt MILK

Fruit



Breaded Fish GLUTEN, FISH Lemon Wedge Tartare Sauce EGG

Quorn Fishless Fingers

with Lemon Wedge

Tartare Sauce EGG

Crispy Chunky Chips

Wholegrain rice

Baby potatoes

B

Mushy Peas

Petit Pois Peas

Mixed Salad

Cornflake tart & custard **GLUTEN, SULPHUR DIOXIDE, MILK**

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 3

MEAL DEALS OF THE DAY

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

DESSERT OF THE DAY

CHEF'S MEAL OF THE DAY

Each meal comes with a dessert and a bottle of water or aqua juice



Chicken Fajitas GLUTEN Quorn Fajitas

GLUTEN, EGG

Cowboy pie

Plant based

cowboy pie

GLUTEN, MILK, SOYA,

SULPHUR DIOXIDE

Roast beef & gravy

Roast Quorn & gravy

MILK, EGG

MILK, GLUTEN, SULPHUR, DIOXIDE

Savoury rice Jacket wedges

B **Sweetcorn**

Crunchy veg

Diced potatoes or **Roast potatoes**

Yorkshire pudding

Mashed potatoes

MILK, EGG, GLUTEN

Carrots or Peas

Carrots

Green cabbage



Mixed berry mousse & shortbread biscuit **MILK, GLUTEN**

Yoghurt MILK

Fruit

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

Yoghurt MILK

Fruit

Date slice & custard **GLUTEN, MILK**

Yoghurt MILK

Fruit



Spaghetti Bolognese FISH, GLUTEN

Quorn Bolognese GLUTEN, EGG

Garlic bread GLUTEN, MILK, SOYA

Crusty bread GLUTEN, SESAME

Mixed salad

Coleslaw



Chocolate brownie

GLUTEN

Yoghurt MILK

Fruit



Breaded Fish GLUTEN, FISH Lemon Wedge Tartare Sauce EGG

Quorn Fishless Fingers with Lemon Wedge Tartare Sauce EGG

Crispy Chunky Chips

Baby potatoes

В **Mushy Peas Petit Pois Peas**

Mixed Salad

Crispy jam tart custard **GLUTEN, SULPHUR DIOXIDE**

or

Yoghurt MILK Fruit

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

For information about food allergens please ask the Chef Manager





