



# 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



**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



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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 & gravy**  
GLUTEN  
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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