



SECONDARY MENU
AUTUMN - WINTER 2019/2020



WEEK 1 MEAL DEALS OF THE DAY

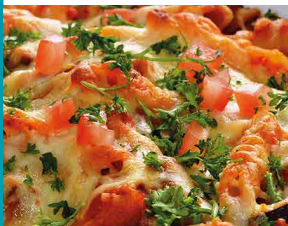
all meals come with a dessert of the day and a bottle of water or aqua juice

CHEF'S MEAL OF THE DAY

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

DESSERT OF THE DAY

MONDAY



Mediterranean chicken tagliatelle
Milk, Gluten

or

Pasta Neapolitan
Milk, Gluten, Sulphur Dioxide



A
Garlic bread
Soya, Milk, Gluten

or

Crusty bread
Sesame, Gluten

B
Crunchy vegetables
or
Mixed salad

or

Coleslaw Egg

or

Sweetcorn



Cornflake tart & custard
Gluten, Sulphur Dioxide, Milk

or

Fruit
or **Yoghurt** Milk

TUESDAY



Beef Pie topped with golden puff pastry & gravy
Milk, Fish, Gluten

or

Quorn pie topped with Golden puff pastry & gravy
Egg, Gluten



A
Mashed potato
or

New potatoes

B
Green cabbage
or

Cauliflower

or

Coleslaw egg

or

Mixed salad



Coconut sponge & custard
Gluten, Egg, Sulphur Dioxide, Milk

or

Fruit
or **Yoghurt** Milk

WEDNESDAY



Roast pork, stuffing & gravy
Gluten

or

Quorn roast, stuffing & gravy
Gluten, Milk, Egg



A
Roast potatoes
or

Mashed potatoes

B
Green cabbage
or

Broccoli

or

Baton carrots

or

Cauliflower



Pancakes with hot cherries & Greek yoghurt
Milk, Gluten, Egg

or

Fruit
or **Yoghurt** Milk

THURSDAY



Sweet & sticky turkey
Soya, Egg, Gluten, Sesame

or

Sweet & sticky quorn
Soya, Egg, Gluten, Sesame



A
Noodles
Egg, Gluten

or

Wholegrain rice

B
Baton carrots
or

Green beans

or

Stir fry vegetables

or

Mixed salad



Magic chocolate pudding & custard
Milk, Egg, Gluten

or

Fruit
or **Yoghurt** Milk

FRIDAY



Breaded fish with lemon wedge & tartare sauce
Mustard, Fish, Gluten, Egg

or

Quorn fish free fingers with lemon wedge & tartare sauce
Gluten, Egg



A
Crispy chunky chips
or

New potatoes

B
Mushy peas
or

Petit pois peas

or

Mixed salad



Cheese cracker & apple wedge
Milk, Gluten

or

Fruit
or **Yoghurt** Milk

+ 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 standard for a well-managed and sustainable fishery





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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 or aqua juice

CHEF'S MEAL OF THE DAY

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

DESSERT OF THE DAY

MONDAY



Chicken enchilada

Milk, Gluten

or

Vegetable enchilada

Milk, Egg, Gluten

A
Diced potatoes
or
Garlic bread
Soya, Milk, Gluten

B
Sweetcorn cobette
or
Green beans
or
Ranch salad Egg
or
Mixed salad



Pear & chocolate sponge & custard

Milk, Egg, Gluten

or

Fruit

Or Yoghurt Milk

TUESDAY



Nottinghamshire sausage, Yorkshire pudding & gravy

Milk, Egg, Gluten, Sulphur Dioxide

or

Linda McCartney sausage, Yorkshire pudding & gravy

Milk, Egg, Gluten, Sulphur Dioxide, Soya

A
Creamed potatoes
or
Roast potatoes

B
Green cabbage
or
Cauliflower
or
Carrot batons
or
Broccoli



Crispy jam tart & custard

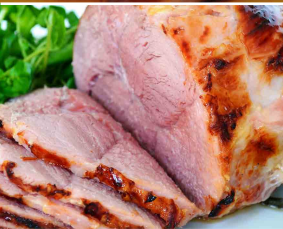
Gluten, Sulphur Dioxide, Milk

or

Fruit

Or Yoghurt Milk

WEDNESDAY



Roast gammon, Yorkshire pudding & gravy

Milk, Egg, Gluten

or

Quorn roast, Yorkshire pudding & gravy

Milk, Egg, Gluten

A
Mashed potato
or
Roast potato

B
Carrot & swede mash
or
Broccoli
or
Green cabbage
or
Cauliflower cheese
Gluten, milk



Spiced apple cake & custard

Milk, Egg, Gluten

or

Fruit

Or Yoghurt Milk

THURSDAY



Beef madras

Mustard, Celery, Milk

or

Vegetable & chickpea curry

Gluten, Mustard

A
Wholegrain rice
or
Naan bread
Gluten, Milk

B
Minted salad
or
Cucumber & mint raita Milk
or
Mixed salad



Butterscotch mousse & shortbread finger

Milk, Gluten

or

Fruit

Or Yoghurt Milk

FRIDAY



MSC breaded fish with lemon wedge & tartare sauce

Mustard, Fish, Gluten, Egg

or

Quorn fish free fingers with lemon wedge & tartare sauce

Gluten, Egg

A
Crispy chunky chips
or
Diced potatoes

B
Mushy peas
or
Petit pois peas
or
Mixed salad



Fruits of the forest muffin

Egg, Gluten

or

Fruit

Or Yoghurt Milk

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

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SECONDARY MENU
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WEEK 3 MEAL DEALS OF THE DAY

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

CHEF'S MEAL OF THE DAY

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

DESSERT OF THE DAY

MONDAY



Cheesy cottage pie & gravy

Milk, Fish

or

Potato patch pie & gravy +

Celery, Milk, Gluten

A

Roast potatoes

or

New potatoes

B

Broccoli

or

Carrots

or

Roast parsnips

or

Mashed swede

TUESDAY



Sweet & sour chicken

Celery

or

Sweet & Sour Quorn +

Celery, Egg

A

Wholegrain rice

or

Noodles

Egg, Gluten

B

Green beans

or

Stir fry vegetables

or

Sweetcorn

WEDNESDAY



Roast turkey, stuffing & gravy

Gluten

or

Quorn roast, stuffing & gravy +

Milk, Egg, Gluten

A

Roast potato

or

Mashed potato

B

Braised red cabbage

Celery

or

Baton carrots

or

Cauliflower

or

Brussel sprouts

THURSDAY



Pasta Bolognese bake

Milk, Fish, Gluten

or

Quorn bolognese bake +

Milk, Egg, Gluten

A

Garlic slice

Milk, Gluten, Soya

or

Crusty bread

B

Mixed salad

or

Sweetcorn cobette

or

Coleslaw

Egg

FRIDAY



MSC Breaded fish with lemon wedge & tartare sauce

Mustard, Fish, Gluten, Egg

or

Quorn fish free fingers with lemon wedge & tartare sauce +

Gluten, Egg

A

Crispy chunky chips

or

Mashed potato

B

Mushy peas

or

Petit pois peas

or

Mixed salad



Carrot & pineapple sponge & cream

Gluten, Egg, Milk

or

Fruit

Or Yoghurt Milk



Butterscotch tart

Gluten, Milk

or

Fruit

Or Yoghurt Milk



Icky sticky pudding & custard

Milk, Gluten, Egg

or

Fruit

Or Yoghurt Milk



Cherry pie & custard

Milk, Gluten

or

Fruit

Or Yoghurt Milk



Chocolate & orange muffin

Egg, Gluten

or

Fruit

Or Yoghurt Milk

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

For information about food allergens please ask the Chef Manager

