



# 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





# 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

#### DESSERT OF THE DAY

MONDAY



**Beef chilli**  
or  
**Vegetable 5 bean chilli**



**A**  
**Garlic bread**  
GLUTEN, MILK, SOYA  
or  
**Jacket wedges**

**B**  
**Sweetcorn salsa**  
SESAME  
or  
**Crunchy vegetable**



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

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**



**Cherry Shortcake & custard**  
GLUTEN, MILK  
**Yoghurt** MILK  
or  
**Fruit**

WEDNESDAY



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



**A**  
**Roast potatoes**  
or  
**Mashed potatoes**

**B**  
**Carrots**  
or  
**Broccoli**



**Fruit salad**  
or  
**Yoghurt** MILK  
or  
**Fruit**

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**



**Chocolate & orange cookie**  
GLUTEN  
or  
**Yoghurt** MILK  
or  
**Fruit**

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**



**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

#### DESSERT OF THE DAY

MONDAY



**Chicken Fajitas**  
GLUTEN  
or  
**Quorn Fajitas**  
GLUTEN, EGG



**A**  
Savoury rice  
or  
Jacket wedges

**B**  
Sweetcorn  
or  
Crunchy veg



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

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



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

WEDNESDAY



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



**A**  
Yorkshire pudding  
MILK, EGG, GLUTEN  
or  
Mashed potatoes

**B**  
Carrots  
or  
Green cabbage



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

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



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

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



**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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