Nottinghamshire County Council

SIMPLY FRESH

SECONDARY MENU
SPRING - SUMMER 2020

THE ELIZABETHAN ACADEMY

WEEK 1 — MEAL DEALS OF THE DAY
all meals come with a dessert of the day and a bottle of water or aqua juice

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CHEF'S MEAL OF THE DAY
Each meal comes with a dessert and a bottle of water or aqua juice

MONDAY

Sweet potato mac n cheese
Gluten, Milk, Mustard

or

Smokey 3 bean chilli
Celery

A
Garlic bread
Milk, Gluten
or
Wholegrain rice

B
Crunchy vegetables
or
Mixed salad
or
Coleslaw Egg
or
Sweetcorn

TUESDAY

Venison burger in a roll
Soya, Egg, Gluten, Sulphur dioxide, Milk, Sesame

or

Meat free burger in a roll
Soya, Egg, Gluten, Sulphur dioxide, Milk, Sesame

A
Jacket wedges
or
New potatoes

B
Carrots
or
Sweetcorn
or
Coleslaw egg
or
Mixed salad

WEDNESDAY

Roast chicken, Stuffing & Gravy
Gluten

or

Quorn Roast, Stuffing and Gravy
Gluten, Milk, Egg

A
Roast potatoes
or
Mashed potatoes

B
Green cabbage
or
Broccoli
or
Baton carrots
or
Cauliflower

THURSDAY

Nottinghamshire sausages, Yorkshire pudding
Gluten, Sulphur, dioxide, Milk, Egg

or

Linda McCartney sausages, Yorkshire pudding
Soya, Sulphur dioxide, Egg, Gluten, Milk

A
New potatoes
or
Mashed potatoes

B
Cauliflower
or
Broccoli
or
Green beans
or
Baton carrots

FRIDAY

Breaded fish with lemon wedge & tartare sauce
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

DESSERT OF THE DAY

MONDAY
Cornflake tart & custard
Gluten, Sulphur Dioxide, Milk
or
Fruit
or Yoghurt Milk

TUESDAY
Lemon sponge pudding & custard
Gluten, Egg, Sulphur Dioxide, Milk
or
Fruit
or Yoghurt Milk

WEDNESDAY
Strawberry Eton mess
Milk, Egg
or
Fruit
or Yoghurt Milk

THURSDAY
Seasonal fruit crumble & custard
Milk, Gluten
or
Fruit
or Yoghurt Milk

FRIDAY
Oatmeal & yoghurt muffin
Milk, 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

FOOD FOR LIFE SERVED HERE Soil Association

D&P/6391

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SECONDARY MENU
SPRING - SUMMER 2020

THE ELIZABETHAN ACADEMY

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

MONDAY

Pasta Americana
Celery, Egg, Gluten

or

Cheese & tomato Quiche
Gluten, Milk, Egg

A
New potatoes
or
Garlic bread
Milk, Gluten

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

TUESDAY

Chicken & Mushroom pie & gravy
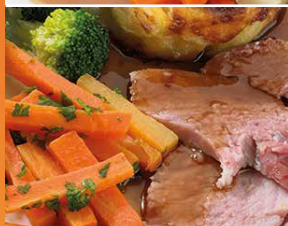Gluten, Milk, Celery

or

Quorn & vegetable pie & gravy
Gluten, Egg

A
Creamed potatoes
or
Roast potatoes

B
Green cabbage
or
Cauliflower
or
Carrot batons
or
Broccoli

WEDNESDAY

Roast Gammon & pineapple, Gravy

or

Quorn Roast, Gravy
Milk, Egg

A
Mashed potato
or
Roast potato

B
Carrot
or
Broccoli
or
Green cabbage
or
Cauliflower cheese
Gluten, milk

THURSDAY

Spaghetti Bolognese
Fish, Gluten

or

Vegan Bolognese
Celery, Gluten

A
Garlic bread
Gluten, Milk
or
Crusty bread
Gluten, Sesame

B
Mixed Salad
or
Beetroot salad
or
Ranch salad Egg
or
Sweetcorn

FRIDAY

MSC breaded fish with lemon wedge & tartare sauce
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

DESSERT OF THE DAY

MONDAY
Pineapple cake & cream
Milk, Egg, Gluten
or
Fruit
Or **Yoghurt** Milk

TUESDAY
Raspberry Pavlova
Egg, Milk
or
Fruit
Or **Yoghurt** Milk

WEDNESDAY
Butterscotch Tart
Gluten, Milk
or
Fruit
Or **Yoghurt** Milk

THURSDAY
Scone with jam & cream
Milk, Gluten, Sulphur dioxide
or
Fruit
Or **Yoghurt** Milk

FRIDAY
Fruit flapjack
Gluten
or
Fruit
Or **Yoghurt** Milk

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

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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

Jambalaya
Milk, Celery, Sulphur dioxide
or
Chicken & broccoli bake
Gluten, Milk, Mustard

A
Garlic bread
Gluten, Milk
or
Crusty bread
Gluten, Sesame

B
Mixed salad
or
Coleslaw Egg
or
Green beans
or
Sweetcorn

Chocolate brownie
Gluten
or
Fruit
Or Yoghurt Milk

TUESDAY

Beef Tacos
Fish, Gluten
or
Quorn Tacos
Egg, Gluten

A
Noisette potatoes
Milk
or
Jacket wedges

B
Green beans
or
Ranch salad Egg
or
Mixed salad
or
Grated carrot

Crispy Jam Tart
Gluten, Milk, Sulphur dioxide
or
Fruit
Or Yoghurt Milk

WEDNESDAY

Roast turkey, stuffing & gravy
Gluten
or
Quorn roast, stuffing & gravy
Milk, Egg, Gluten

A
Roast potato
or
Mashed potato

B
Spring cabbage
or
Baton carrots
or
Cauliflower
or
Broccoli

Raspberry swirl sponge & Custard
Milk, Gluten, Egg
or
Fruit
Or Yoghurt Milk

THURSDAY

Beef lasagne
Mustard, Milk, Gluten, Fish
or
Vegetable lasagne
Milk Gluten Mustard Celery

A
Garlic slice
Milk, Gluten
or
Crusty bread
Gluten, Sesame

B
Mixed salad
or
Sweetcorn cobette
or
Coleslaw Egg

Strawberry shortcake
Gluten, Milk
or
Fruit
Or Yoghurt Milk

FRIDAY

MSC Breaded fish with lemon wedge & tartare sauce
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

Raspberry Muffin
Egg, Gluten
or
Fruit
Or Yoghurt Milk

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

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CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

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

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