Nottinghamshire County Council

SIMPLY FRESH

SECONDARY MENU
SPRING - SUMMER 2020

Students First
OUTWOOD ACADEMY PORTLAND

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

			A	B
MONDAY		Sweet potato mac n cheese (Gluten, Milk, Mustard) or Smokey 3 bean chilli (Celery)	Garlic bread (Milk, Gluten) or Wholegrain rice	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)	Jacket wedges or New potatoes	Carrots or Sweetcorn or Coleslaw (egg) or Mixed salad
WEDNESDAY		Roast chicken, Stuffing & Gravy (Gluten) or Quorn Roast, Stuffing and Gravy (Gluten, Milk, Egg)	Roast potatoes or Mashed potatoes	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)	New potatoes or Mashed potatoes	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)	Crispy chunky chips or New potatoes	Mushy peas or Petit pois peas or Mixed salad

DESSERT OF THE DAY

	Cornflake tart & custard (Gluten, Sulphur Dioxide, Milk) or Fruit or Yoghurt (Milk)	
	Lemon sponge pudding & custard (Gluten, Egg, Sulphur Dioxide, Milk) or Fruit or Yoghurt (Milk)	
	Strawberry Eton mess (Milk, Egg) or Fruit or Yoghurt (Milk)	
	Seasonal fruit crumble & custard (Milk, Gluten) or Fruit or Yoghurt (Milk)	
	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

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

FOOD FOR LIFE SERVED HERE Soil Association

D&P/5391

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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

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

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

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

Raspberry Pavlova
Egg, Milk
or
Fruit
Or Yoghurt Milk

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

Butterscotch Tart
Gluten, Milk
or
Fruit
Or Yoghurt 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

Scone with jam & cream
Milk, Gluten, Sulphur dioxide
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
Diced potatoes

B
Mushy peas
or
Petit pois peas
or
Mixed salad

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

			A	B	DESSERT OF THE DAY
MONDAY		Jambalaya Milk, Celery, Sulphur dioxide or Chicken & broccoli bake Gluten, Milk, Mustard	Garlic bread Gluten, Milk or Crusty bread Gluten, Sesame	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	Noisette potatoes Milk or Jacket wedges	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	Roast potato or Mashed potato	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	Garlic slice Milk, Gluten or Crusty bread Gluten, Sesame	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	Crispy chunky chips or Mashed potato	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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