## Spring Summer 2020
### Menu Week 1

**WEEK COMMENCING**
24 Feb, 16 Mar, 6 April, 27 April, 18 May, 8 June, 29 June, 20 July

### Available Daily
- Best of both bread, Gluten and Soya
- Seasonal vegetables available daily
- Coleslaw, Egg when served
- Vegetarian meals available upon request

### Monday
- **Main Course**: Margherita pizza & new potatoes
  - Milk, Gluten
- **Alternative**: Jacket potatoes with cheese, beans or tuna & mixed salad
  - Milk, Egg, Fish

### Tuesday
- **Main Course**: Venison burger in a wholemeal bun & carrot fries
  - Soya, Milk, Egg, Gluten, Sesame, Sulphur Dioxide
- **Alternative**: Filled roll with cheese, ham, egg or tuna mayo & mixed salad
  - Soya, Milk, Egg, Fish, Gluten, Sesame

### Wednesday
- **Main Course**: Summer chicken casserole & mashed potatoes
  - Celery, Gluten
- **Alternative**: Jacket potatoes with cheese, beans or tuna & mixed salad
  - Milk, Egg, Gluten, Sesame

### Thursday
- **Main Course**: Nottinghamshire sausage, Yorkshire pudding, mashed potatoes & gravy
  - Milk, Egg, Gluten, Sulphur Dioxide
- **Alternative**: Quorn roast, stuffing, gravy, mashed & roast potatoes
  - Milk, Egg

### Friday
- **Main Course**: Fish finger wrap & diced potatoes
  - Fish, Gluten
- **Alternative**: Jacket potatoes with cheese, beans or tuna & mixed salad
  - Milk, Egg, Fish

### Dessert
- **Main Course**: Cornflakes tart & custard
  - Milk, Gluten, Sulphur Dioxide
- **Alternative**: Chocolate & orange cookie & milkshake
  - Milk, Gluten
- **Alternative**: Strawberry Eton mess
  - Milk
- **Alternative**: Marble sponge & custard
  - Milk, Egg, Gluten
- **Alternative**: Fruit salad

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### Gamston Primary School
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**SPRING  SUMMER 2020**

**MENU WEEK 2**

**WEEK COMMENCING**

2 Mar, 23 Mar, 13 April, 4 May, 25 May, 15 June, 6 July, 27 July

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasted vegetable pasta &amp; garlic bread</td>
<td>Spaghetti bolognese &amp; garlic bread</td>
<td>BBQ pork wrap &amp; new potatoes</td>
<td>Roast gammon &amp; pineapple with mashed &amp; roast potatoes</td>
<td>Fish goujons tomato ketchup &amp; oven chips</td>
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<tr>
<td>Milk Gluten</td>
<td>Milk Fish Gluten</td>
<td>Gluten</td>
<td>Gluten</td>
<td>Fish Gluten</td>
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<td><strong>OR</strong></td>
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<tr>
<td>Vegan sausage roll, gravy &amp; jacket wedges</td>
<td>Filled roll with cheese, ham, egg or tuna mayo &amp; mixed salad</td>
<td>Pasta Neapolitan &amp; garlic bread</td>
<td>Quorn roast, stuffing, gravy, mashed &amp; roast potatoes</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
</tr>
<tr>
<td>Soya Gluten</td>
<td>Soya Milk Fish Gluten Sesame</td>
<td>Milk Gluten Subhur Diode</td>
<td>Milk Egg Gluten</td>
<td>Milk Egg Fish</td>
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<tr>
<td><strong>DESSERT</strong></td>
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<tr>
<td>Fruit salad</td>
<td>Honey cake</td>
<td>Butterscotch tart</td>
<td>Scone with jam &amp; cream</td>
<td>Fruit flapjack &amp; milkshake</td>
</tr>
<tr>
<td>Milk Egg Gluten</td>
<td>Milk Gluten</td>
<td>Milk Gluten</td>
<td>Milk Gluten Subhur Diode</td>
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**AVAILABLE DAILY:** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw egg When served. Vegetarian meals available upon request.
### WEEK COMMENCING

9 Mar, 30 Mar, 20 April, 11 May, 1 June, 22 June, 13 July

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</tr>
</thead>
<tbody>
<tr>
<td>Quorn dippers &amp; tabbouleh</td>
<td>Toad in the hole &amp; mashed potatoes</td>
<td>Chicken tikka wrap &amp; savoury rice</td>
<td>Roast chicken, stuffing &amp; gravy with mashed &amp; roast potatoes</td>
<td>MSC Breaded fish &amp; mashed potato</td>
</tr>
<tr>
<td>Milk Egg Gluten</td>
<td>Milk Egg Sulphur Dioxide</td>
<td>Celery Milk Gluten</td>
<td>Gluten</td>
<td>Fish Gluten</td>
</tr>
<tr>
<td>Tomato &amp; basil pasta &amp; garlic bread</td>
<td>Filled roll with cheese, ham, egg or tuna mayo &amp; mixed salad</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
<td>Quorn roast, stuffing, gravy, mashed &amp; roast potatoes</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
</tr>
<tr>
<td>Milk Gluten</td>
<td>Soya Milk Egg Fish Gluten Sesame</td>
<td>Milk Fish</td>
<td>Milk Egg Gluten</td>
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<tr>
<td>Raspberry ripple ice cream roll</td>
<td>Lemon sponge pudding &amp; custard</td>
<td>Raspberry swirl sponge &amp; custard</td>
<td>Chocolate brownie</td>
<td>Raspberry muffin</td>
</tr>
<tr>
<td>Soya Milk Egg Gluten</td>
<td>Milk Egg Sulphur Dioxide</td>
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<td>Gluten</td>
<td>Egg Gluten</td>
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