# Nottinghamshire County Council

## Spring Summer 2020 Menu Week 1

### Week Commencing
- 24 Feb
- 16 Mar
- 6 April
- 27 April
- 18 May
- 8 June
- 29 June
- 20 July

### Meals Offered

**Monday**
- Margherita pizza & new potatoes
  - Milk, Gluten, Sulphur Dioxide

**Tuesday**
- Venison burger in a wholemeal bun & carrot fries
  - Soya, Milk, Egg, Gluten, Sesame
- Chicken & broccoli bake with crusty bread
  - Mustard, Milk, Gluten, Sesame

**Wednesday**
- Chicken & broccoli bake with crusty bread
  - Mustard, Milk, Gluten, Sesame
- Nottinghamshire sausage, Yorkshire pudding, mashed potatoes & gravy
  - Milk, Egg, Sulphur Dioxide

**Thursday**
- Nottinghamshire sausage, Yorkshire pudding, mashed potatoes & gravy
  - Milk, Egg, Sulphur Dioxide
- Fish finger wrap & diced potatoes
  - Milk, Gluten

**Friday**
- Fish finger wrap & diced potatoes
  - Milk, Gluten

**Or**
- Quorn burger in a bun & carrot fries
  - Soya, Milk, Egg, Gluten, Sesame
- Quorn & broccoli bake with crusty bread
  - Mustard, Milk, Gluten, Sesame
- Quorn sausage, Yorkshire pudding, gravy & mashed potatoes
  - Milk, Egg

**DeSSERT**
- Cornflakes tart & custard
  - Milk, Gluten, Sulphur Dioxide
- Chocolate & orange cookie & milkshake
  - Milk, Gluten
- Strawberry Eton mess
  - Milk
- Fruit salad
  - Milk, Egg
- Oatmeal & yoghurt muffin
  - Milk, Egg

**Available Daily:**
- Best of both bread & Soya
- Seasonal vegetables available daily
- Coleslaw when served
- Vegetarian meals available upon request

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Heymann Junior School

Heymann Junior School 04/03/2020
### Heymann Primary & Nursery School

**SPRING SUMMER 2020**

**MENU WEEK 2**

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

#### MONDAY
- Vegan sausage roll, gravy & jacket wedges
  - Soya, Gluten

#### TUESDAY
- Spaghetti bolognese & garlic bread
  - Milk, Fish, Gluten

#### WEDNESDAY
- All day breakfast & diced potatoes
  - Milk, Egg

#### THURSDAY
- Roast gammon & pineapple with mashed & roast potatoes
  - Fish, Gluten

#### FRIDAY
- Fish goujons tomato ketchup & oven chips
  - Fish, Gluten

#### OR
- Quorn spaghetti bolognese & garlic bread
  - Milk, Egg, Gluten

#### OR
- Vegetarian all day breakfast & diced potatoes
  - Soya, Milk, Egg, Gluten, Sulphur Dioxide

#### OR
- Quorn roast, stuffing, gravy, mashed & roast potatoes
  - Milk, Egg, Gluten

#### OR
- Jacket potatoes with cheese, beans or tuna & mixed salad
  - Milk, Egg, Fish

#### DESSERT
- Pineapple cake & cream
  - Milk, Egg, Gluten

#### DESSERT
- Honey cake
  - Milk, Egg, Gluten

#### DESSERT
- Butterscotch tart
  - Milk, Gluten

#### DESSERT
- Peach melba
  - Milk

#### DESSERT
- Fruit flapjack & milkshake
  - Milk, Gluten

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**AVAILABLE DAILY**: Best of both bread Gluten and Soy Seasonal vegetables available daily Coleslaw egg when served. Vegetarian meals available upon request.
### SPRING SUMMER 2020

**MENU WEEK 3**

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quorn dippers &amp; tabbouleh</td>
<td>Toad in the hole &amp; mashed potatoes</td>
<td>Mexican chicken crepe</td>
<td>Roast pork, stuffing &amp; gravy, mashed &amp; roast potatoes</td>
<td>MSC Breaded fish &amp; mashed potato</td>
</tr>
<tr>
<td><strong>Milk Egg Gluten</strong></td>
<td><strong>Milk Egg Gluten Sulphur Dioxide</strong></td>
<td><strong>Celery Milk Egg Gluten</strong></td>
<td><strong>Gluten</strong></td>
<td><strong>Fish Gluten</strong></td>
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**OR**

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<tbody>
<tr>
<td>Yorkshire pudding with vegetarian sausage &amp; gravy</td>
<td>Mexican Quorn crepe</td>
<td>Quorn roast, stuffing, gravy, mashed &amp; roast potatoes</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
<td><strong>Soya Milk Egg Gluten Sulphur Dioxide</strong></td>
</tr>
<tr>
<td><strong>Soya Milk Egg Gluten Sulphur Dioxide</strong></td>
<td><strong>Celery Milk Egg Gluten</strong></td>
<td><strong>Milk Egg Gluten</strong></td>
<td><strong>Fish Gluten</strong></td>
<td><strong>Milk Egg Fish</strong></td>
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<tbody>
<tr>
<td>Raspberry ripple ice cream roll</td>
<td>Crispy jam tart &amp; custard</td>
<td>Pancake with frozen yoghurt &amp; orange</td>
<td>Chocolate brownie</td>
<td>Raspberry muffin</td>
</tr>
<tr>
<td><strong>Soya Milk Egg Gluten</strong></td>
<td><strong>Milk Gluten Sulphur Dioxide</strong></td>
<td><strong>Milk Egg Gluten</strong></td>
<td><strong>Gluten</strong></td>
<td><strong>Egg Gluten</strong></td>
</tr>
</tbody>
</table>

### AVAILABLE DAILY:
- Best of both bread, Gluten and Soya
- Seasonal vegetables available daily
- Coleslaw when served
- Vegetarian meals available upon request

**75% OF THE SALT WE EAT IS ALREADY IN EVERYDAY FOODS LIKE BREAD & CEREAL**