## 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 and Soya
- Seasonal vegetables and Coleslaw
- Milk and Gluten
- Sesame  Sulphur Dioxide

### MONDAY
- **Margherita pizza & new potatoes**
  - Milk Gluten

### TUESDAY
- **Venison burger in a wholemeal bun & carrot fries**
  - Soya  Milk  Gluten  Sesame  Sulphur Dioxide
- **Chicken & broccoli bake with crusty bread**
  - Mustard  Milk  Gluten  Sesame

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

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

### FRIDAY
- **Jacket potatoes with cheese, beans or tuna & mixed salad**
  - Milk  Egg  Fish
- **Cornflake tart & custard**
  - Milk  Gluten  Sulphur Dioxide
- **Chocolate & orange cookie & milkshake**
  - Milk  Gluten
- **Fish finger wrap & diced potatoes**
  - Fish  Gluten

### DESSERT
- **Strawberry Eton mess**
  - Milk  Egg
- **Oatmeal & yoghurt muffin**
  - Milk  Egg

### OUR MENUS ARE DESIGNED TO MAKE THE BEST USE OF SEASONAL INGREDIENTS
## Nottingahmshire County Council

### 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

**OR**

- Quorn spaghetti bolognese & garlic bread
  - Milk Egg Gluten

### TUESDAY

- Spaghetti bolognese & garlic bread
  - Milk Fish Gluten

**OR**

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

### WEDNESDAY

- All day breakfast & diced potatoes
  - Milk Egg

**OR**

- Roast gammon & pineapple with mashed & roast potatoes
  - Milk Egg Gluten

### THURSDAY

- Fish goujons tomato ketchup & oven chips
  - Fish Gluten

**OR**

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

### FRIDAY

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

**OR**

- Pineapple cake & cream
  - Milk Egg Gluten

### DESSERT

- Honey cake
  - Milk Egg Gluten

- Butterscotch tart
  - Milk Gluten

- Peach melba
  - Milk

- Fruit flapjack & milkshake
  - Milk Gluten

### AVAILABLE DAILY:

- Best of both bread Gluten and Soya
- 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

### MONDAY
- **Quorn dippers & tabbouleh**
  - Milk, Egg, Gluten

### TUESDAY
- **Toad in the hole & mashed potatoes**
  - Milk, Egg, Gluten, Sulphur Dioxide

### WEDNESDAY
- **Mexican Quorn crepe**
  - Celery, Milk, Egg, Gluten

### THURSDAY
- **Roast pork, stuffing & gravy, mashed & roast potatoes**
  - Gluten

### FRIDAY
- **MSC Breaded fish & mashed potato**
  - Fish, Gluten

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**OR**

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

### MONDAY
- **Yorkshire pudding with vegetarian sausage & gravy**
  - Soya, Milk, Egg, Gluten, Sulphur Dioxide

### TUESDAY
- **AIM TO DRINK AT LEAST 6-8 GLASSES OF WATER EVERY DAY**

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

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

### FRIDAY
- **Raspberry muffin**
  - Egg, Gluten

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**DESSERT**

### MONDAY
- **Raspberry ripple ice cream roll**
  - Soya, Milk, Egg, Gluten

### TUESDAY
- **Crispy jam tart & custard**
  - Milk, Gluten, Sulphur Dioxide

### WEDNESDAY
- **Pancake with frozen yoghurt & orange**
  - Milk, Egg, Gluten

### THURSDAY
- **Chocolate brownie**
  - Gluten

### FRIDAY
- **Raspberry muffin**
  - Egg, Gluten

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**AVAILABLE DAILY:** Best of both bread, Gluten and Soya. Seasonal vegetables available daily. Coleslaw comes with egg when served. Vegetarian meals available upon request.