### 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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| **MAIN COURSE**
Margherita pizza & new potatoes
Milk Gluten

Squash & sweet potato macaroni cheese & garlic bread
Mustard Milk Gluten

OR

Beef burger in a wholemeal bun & carrot fries
Soya Milk Egg Gluten Sesame

Quorn burger in a bun & carrot fries
Soya Milk Egg Gluten Sesame

Chicken & broccoli bake with crusty bread
Mustard Milk Gluten Sesame

Quorn & broccoli bake with crusty bread
Mustard Milk Egg Gluten Sesame

**DESSERT**
Strawberry mousse & fruit
Milk

OR

Chocolate & orange cookie & milkshake
Milk Gluten

Spiced carrot cake & custard
Milk Egg Gluten Sulphur Dioxide

Marble sponge & custard
Milk Egg Gluten

Oatmeal & yoghurt muffin
Milk Egg Gluten

### Main Menu Options

- **Margherita pizza** & new potatoes
- **Beef burger in a wholemeal bun & carrot fries**
- **Chicken & broccoli bake with crusty bread**
- **Nottinghamshire sausage, Yorkshire pudding, mashed potatoes & gravy**
- **Fish finger wrap & diced potatoes**

- **Squash & sweet potato macaroni cheese & garlic bread**
- **Filled roll with cheese, ham, egg or tuna mayo & mixed salad**
- **Jacket potatoes with cheese, beans or tuna & mixed salad**
- **Cheesy tomato pasta & garlic bread**

- **Quorn burger in a bun & carrot fries**
- **Quorn & broccoli bake with crusty bread**
- **Quorn sausage, Yorkshire pudding, gravy & mashed potatoes**

- **Beef burger in a wholemeal bun & carrot fries**
- **Chicken & broccoli bake with crusty bread**
- **Quorn & broccoli bake with crusty bread**
- **Fish finger wrap & diced potatoes**

- **Squash & sweet potato macaroni cheese & garlic bread**
- **Filled roll with cheese, ham, egg or tuna mayo & mixed salad**
- **Jacket potatoes with cheese, beans or tuna & mixed salad**
- **Cheesy tomato pasta & garlic bread**

- **Quorn burger in a bun & carrot fries**
- **Quorn & broccoli bake with crusty bread**
- **Quorn sausage, Yorkshire pudding, gravy & mashed potatoes**
- **Fish finger wrap & diced potatoes**

- **Squash & sweet potato macaroni cheese & garlic bread**
- **Filled roll with cheese, ham, egg or tuna mayo & mixed salad**
- **Jacket potatoes with cheese, beans or tuna & mixed salad**
- **Cheesy tomato pasta & garlic bread**

- **Quorn burger in a bun & carrot fries**
- **Quorn & broccoli bake with crusty bread**
- **Quorn sausage, Yorkshire pudding, gravy & mashed potatoes**
- **Fish finger wrap & diced potatoes**

### Allergen Information

- **Milk**
- **Gluten**
- **Egg**
- **Soya**
- **Fish**
- **Sesame**
- **Mustard**
- ** Sulphur Dioxide**
### Menu Summer 2020

**Week 2**

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

**Available Daily:** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request

#### Monday
- **Vegan sausage roll, gravy & jacket wedges**
  - Soya Gluten
- **Jacket potatoes with cheese, beans or tuna & mixed salad**
  - Milk Egg Fish

#### Tuesday
- **Chicken & coconut curry & wholegrain rice**
  - Mustard Milk
- **Filled roll with cheese, ham, egg or tuna mayo & mixed salad**
  - Soya Milk Fish Gluten Sesame

#### Wednesday
- **Pasta Neapolitan & garlic bread**
  - Milk Gluten Sulphur Dioxide
- **Jacket potatoes with cheese, beans or tuna & mixed salad**
  - Milk Egg

#### Thursday
- **Roast gammon & pineapple with mashed & roast potatoes**
  - Fish Gluten
- **Quorn roast, stuffing, gravy, mashed & roast potatoes**
  - Milk Egg Gluten

#### Friday
- **Fish goujons tomato ketchup & oven chips**
  - Fish Gluten
- **Filled roll with cheese, ham, egg or tuna mayo & mixed salad**
  - Soya Milk Fish Gluten Sesame

#### Dessert
- **Pineapple cake & cream**
  - Milk Egg Gluten
- **Honey cake**
  - Milk Egg Gluten
- **Butterscotch tart**
  - Milk Gluten
- **Cheese, crackers & apple wedge**
  - Milk Gluten
- **Fruit flapjack & milkshake**
  - Milk Gluten

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SPRING ≠ SUMMER 2020

**Week Commencing**
- 2 Mar, 23 Mar, 13 April, 4 May, 25 May, 15 June, 6 July, 27 July

**Available Daily:** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request

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**Norton Primary School**

**D&P** 5391 UPRN

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**High Oakham School**

**OR OR OR OR OR**

**DESSERT DESSERT DESSERT DESSERT DESSERT**
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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>Quorn dippers &amp; tabbouleh</td>
<td>Toad in the hole &amp; mashed potatoes</td>
<td>Beef lasagne &amp; garlic bread</td>
<td>Roast chicken, stuffing &amp; gravy with mashed &amp; roast potatoes</td>
<td>MSC Breaded fish &amp; chips</td>
</tr>
<tr>
<td>Milk Egg Gluten</td>
<td>Milk Egg Gluten Sulphur Dioxide</td>
<td>Mustard Milk Fish Gluten</td>
<td>Gluten</td>
<td>Fish Gluten</td>
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<tr>
<td>Tomato &amp; basil pasta &amp; garlic bread</td>
<td>Yorkshire pudding with vegetarian sausage &amp; gravy</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
<td>Quorn roast, stuffing, gravy, mashed &amp; roast potatoes</td>
<td>Filled roll with cheese, ham, egg or tuna mayo &amp; mixed salad</td>
</tr>
<tr>
<td>Milk Gluten</td>
<td>Soya Milk Egg Gluten Sulphur Dioxide</td>
<td>Milk Fish</td>
<td>Milk Egg</td>
<td>Soya Milk Egg Fish Gluten Sesame</td>
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<tr>
<td>DESSERT</td>
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<tr>
<td>Raspberry ripple ice cream roll</td>
<td>Crispy jam tart &amp; custard</td>
<td>Fruit in jelly &amp; shortbread finger</td>
<td>Chocolate brownie</td>
<td>Raspberry muffin</td>
</tr>
<tr>
<td>Soya Milk Egg Gluten</td>
<td>Milk Gluten Sulphur Dioxide</td>
<td>Gluten</td>
<td>Gluten</td>
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**AVAILABLE DAILY:** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw available daily Coleslaw. Vegetarian meals available upon request.