**SprinG  Summer 2020**

**Menu week I**

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

**First course**

**Monday**
Margherita pizza & new potatoes
*Milk Gluten*

**Tuesday**
Pasta Neopolitan & garlic bread
*Milk Gluten Sulphur Dioxide*

**Wednesday**
Chicken & broccoli bake with crusty bread
*Mustard Milk Gluten Sesame*

**Thursday**
Nottinghamshire sausage, Yorkshire pudding, mashed potatoes & gravy
*Milk Egg Gluten Sulphur Dioxide*

**Friday**
Fish finger wrap & diced potatoes
*Fish Gluten*

**Second course**

**Monday**
Strawberry mousse & fruit
*Milk*

**Tuesday**
Chocolate & orange cookie & milkshake
*Milk Gluten*

**Wednesday**
Spiced carrot cake & custard
*Milk Egg Gluten Sulphur Dioxide*

**Thursday**
Marble sponge & custard
*Milk Egg Gluten*

**Friday**
Oatmeal & yoghurt muffin
*Milk Egg Gluten*

**Served daily**
Best of both bread (*Gluten and Sage*), Seasonal vegetables available daily, Coleslaw, egg when served

Vegetarian meals can be made available upon request
### First Course

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
<th>Allergens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Tomato &amp; basil pasta &amp; garlic bread</td>
<td>Milk, Gluten</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Spaghetti bolognese &amp; garlic bread</td>
<td>Milk, Fish, Gluten</td>
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<tr>
<td></td>
<td>TODAY’S VEGETARIAN OPTION: Quorn spaghetti bolognese &amp; garlic bread</td>
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<tr>
<td></td>
<td>BBQ pork wrap &amp; new potatoes</td>
<td>Gluten</td>
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<tr>
<td></td>
<td>TODAY’S VEGETARIAN OPTION: BBQ Quorn wrap &amp; new potatoes</td>
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<tr>
<td></td>
<td>Nottinghamshire sausage, Yorkshire pudding, mashed potatoes &amp; gravy</td>
<td>Milk, Egg, Gluten, Sulphur Dioxide</td>
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<tr>
<td></td>
<td>TODAY’S VEGETARIAN OPTION: Quorn sausage, Yorkshire pudding, gravy &amp; mashed potatoes</td>
<td>Milk, Egg, Gluten</td>
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<tr>
<td></td>
<td>Fish goujons tomato ketchup &amp; oven chips</td>
<td>Fish, Gluten</td>
</tr>
<tr>
<td></td>
<td>TODAY’S VEGETARIAN OPTION: Vegetable nuggets &amp; mashed potatoes</td>
<td>Gluten</td>
</tr>
</tbody>
</table>

### Second Course

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
<th>Allergens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Pineapple cake &amp; cream</td>
<td>Milk, Egg, Gluten</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Honey cake</td>
<td>Milk, Egg</td>
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<tr>
<td></td>
<td>TODAY’S VEGETARIAN OPTION: Honey cake</td>
<td></td>
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<tr>
<td></td>
<td>Butterscotch tart</td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>TODAY’S VEGETARIAN OPTION: Butterscotch tart</td>
<td></td>
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<tr>
<td></td>
<td>Fruit salad</td>
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<tr>
<td></td>
<td>TODAY’S VEGETARIAN OPTION: Fruit salad</td>
<td></td>
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<tr>
<td></td>
<td>Fish flapjack &amp; milkshake</td>
<td>Milk</td>
</tr>
</tbody>
</table>

**Served Daily:**
- Best of both bread (Gluten and Sage)
- Seasonal vegetables available daily
- Coleslaw
- Egg when served

Vegetarian meals can be made available upon request.

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**Langar C of E Primary School**

**WEEK COMMENCING**

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

**Spring Summer 2020 Menu Week 2**
### WEEK COMMENCING
9 Mar, 30 Mar, 20 April, 11 May, 1 June, 22 June, 13 July

### FIRST COURSE

<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 Milk Egg Gluten</td>
<td>Tomato &amp; basil pasta &amp; garlic bread Milk Gluten</td>
<td>Beef lasagne &amp; garlic bread Mustard Milk Fish Gluten</td>
<td>Roast chicken, stuffing &amp; gravy with mashed &amp; roast potatoes Gluten</td>
<td>MSC Breaded fish &amp; mashed potato Fish Gluten</td>
</tr>
</tbody>
</table>

### SECOND COURSE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raspberry ripple ice cream roll Soya Milk Egg Gluten</td>
<td>Lemon sponge pudding &amp; custard Milk Egg Gluten Sulphur Dioxide</td>
<td>Fruit salad</td>
<td>Butterscotch mousse &amp; banana Milk</td>
<td>Raspberry muffin Egg Gluten</td>
</tr>
</tbody>
</table>

### SERVED DAILY

- Best of both bread **Gluten and Soya**
- Seasonal vegetables available daily
- Coleslaw
- Egg when served

### Vegetarian meals can be made available upon request