<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Smokey three bean chilli & wholegrain rice | Venison burger in a wholemeal bun & carrot fries  
Soya Milk Gluten  
Sesame Sulphur Dioxide | Chicken & broccoli bake with crusty bread  
Mustard Milk Gluten Sesame | Nottinghamshire sausage, Yorkshire pudding, mashed potatoes & gravy  
Milk Egg Gluten Sulphur Dioxide | Fish finger wrap & diced potatoes  
Fish Gluten |
| Celery | | | | |
| **OR** | **OR** | **OR** | **OR** | **OR** |
| Margherita pizza & new potatoes  
Milk Gluten | Pasta Neapolitan & garlic bread  
Milk Gluten Sulphur Dioxide | Jacket potatoes with cheese, beans or tuna & mixed salad  
Milk Egg Fish | Quorn sausage, Yorkshire pudding, gravy & mashed potatoes  
Milk Egg Gluten | Jacket potatoes with cheese, beans or tuna & mixed salad  
Milk Egg Fish |
| | | | | |
| DESSERT | DESSERT | DESSERT | DESSERT | DESSERT |
| Strawberry mousse & fruit  
Milk | Chocolate & orange cookie & milkshake  
Milk Gluten | Spiced carrot cake & custard  
Milk Egg Gluten Sulphur Dioxide | Fruit salad  
Milk | St Clement sponge & custard  
Milk Egg 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 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
- Cheesy bean pie
  - Milk

### Tuesday
- Spaghetti bolognese & garlic bread
  - Milk Fish Gluten
- Jacket potatoes with cheese, beans or tuna & mixed salad
  - Milk Fish Egg
- Pasta Neapolitan & garlic bread
  - Milk Gluten Sulphur Dioxide

### Wednesday
- BBQ pork wrap & new potatoes
  - Gluten
- Quorn roast, stuffing, gravy, mashed & roast potatoes
  - Milk Egg Gluten
- Fruit topped yoghurt & jelly layer
  - Milk

### Thursday
- Roast gammon & pineapple with mashed & roast potatoes
  - Fish Gluten
- Jacket potatoes with cheese, beans or tuna & mixed salad
  - Milk Egg Fish
- Peach melba
  - Milk

### Friday
- Fish goujons tomato ketchup & oven chips
  - Fish Gluten
- Roast gammon, pineapple with mashed & roast potatoes
  - Dairy Gluten
- 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

### AVAILABLE DAILY:
- Best of both bread and soup
- Seasonal vegetables
- Coleslaw available daily
- Vegetarian meals available upon request

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</tr>
</thead>
<tbody>
<tr>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad&lt;br&gt;Milk Egg Fish</td>
<td>Tomato &amp; basil pasta &amp; garlic bread&lt;br&gt;Milk Gluten</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad&lt;br&gt;Milk Fish</td>
<td>Quorn roast, stuffing, gravy, mashed &amp; roast potatoes&lt;br&gt;Milk Egg Gluten</td>
<td>Vegetable &amp; cheese bake with jacket wedges&lt;br&gt;Mustard Milk Gluten</td>
</tr>
<tr>
<td>Quorn dippers &amp; tabbouleh&lt;br&gt;Milk Egg Gluten</td>
<td>Toad in the hole &amp; mashed potatoes&lt;br&gt;Milk Egg Gluten Sulphur Dioxide</td>
<td>Beef curry, rice &amp; naan bread&lt;br&gt;Mustard Ceylon Milk Gluten</td>
<td>Roast chicken, stuffing &amp; gravy with mashed &amp; roast potatoes&lt;br&gt;Gluten</td>
<td>MSC Breaded fish &amp; chips&lt;br&gt;Fish Gluten</td>
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<tr>
<td>Raspberry ripple ice cream roll&lt;br&gt;Soya Milk Egg Gluten</td>
<td>Fruit yoghurt &amp; apple wedge&lt;br&gt;Milk</td>
<td>Raspberry swirl sponge &amp; custard&lt;br&gt;Milk Egg Gluten</td>
<td>Chocolate brownie&lt;br&gt;Gluten</td>
<td>Fruit salad</td>
</tr>
</tbody>
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**Lowdham C of E Primary School**

**NOTTINGHAMSHIRE COUNTY COUNCIL**

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**FOOD FOR NATURE**

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**OR OR OR OR OR**

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**DESSERT DESSERT DESSERT DESSERT DESSERT**

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**TASTE OF NATURE**

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**D&P 5391 UPRN**

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**SPRING ≠ SUMMER 2020**

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