## SPRING SUMMER 2020
### MENU WEEK 1

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

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

### TUESDAY
- Venison burger in a wholemeal bun & carrot fries
  - Soya, Milk, Egg, Gluten, Sesame, Sulphur Dioxide
- Jacket potatoes with cheese, beans or tuna & mixed salad
  - Milk, Egg, Fish

### WEDNESDAY
- Nottinghamshire sausage, Yorkshire pudding, mashed potatoes & gravy
  - Milk, Egg, Gluten, Sulphur Dioxide

### THURSDAY
- Fish finger wrap & diced potatoes
  - Fish, Gluten

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

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### OR
- OUR MENUS ARE DESIGNED TO MAKE THE BEST USE OF SEASONAL INGREDIENTS

### OR
- OUR EGGS ARE ALWAYS FREE RANGE
  - Free from undesirable additives, colouring and sweeteners.

### DESSERT
- Cornflake tart & custard
  - Milk, Gluten, Sulphur Dioxide
- Chocolate & orange cookie & milkshake
  - Milk
- Strawberry Eton mess
  - Milk, Egg
- Marble sponge & custard
  - Milk, Egg, Gluten
- Fruit yoghurt & apple wedge
  - Milk

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

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North Wheatley C of E Primary School
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## Spring Summer 2020
### Menu Week 2

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
<td>Spaghetti bolognese &amp; garlic bread</td>
<td>All day breakfast &amp; diced potatoes</td>
<td>Nottinghamshire sausage, Yorkshire pudding, mashed potatoes &amp; gravy</td>
<td>Salmon &amp; sweet potato fishcake &amp; oven chips</td>
</tr>
<tr>
<td>Milk, Egg, Fish</td>
<td>Milk, Fish, Gluten</td>
<td>Milk, Egg</td>
<td>Milk, Gluten, Sulphur Dioxide</td>
<td>Mustard, Soy, Milk, Egg, Fish, Gluten, Sesame</td>
</tr>
<tr>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
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</tr>
<tr>
<td>Milk, Egg, Fish</td>
<td>Milk, Fish, Gluten</td>
<td>Milk, Fish, Gluten</td>
<td>Milk, Fish, Gluten</td>
<td>Milk, Fish, Gluten</td>
</tr>
<tr>
<td>Cherry ripple rice pudding</td>
<td>Honey cake</td>
<td>Butterscotch tart</td>
<td>Fruit yoghurt &amp; apple wedge</td>
<td>Fruit flapjack &amp; milkshake</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk, Egg, Gluten</td>
<td>Milk, Gluten</td>
<td>Milk</td>
<td>Milk, Gluten</td>
</tr>
</tbody>
</table>

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

**WE CAN TRACE OUR MEAT BACK TO THE FARM**

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

### THURSDAY
- Roast chicken, stuffing & gravy with mashed & roast potatoes
  - Gluten

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

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

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

- Cheese, crackers & apple wedge
  - Milk, Gluten

- Raspberry swirl sponge & custard
  - Milk, Egg, Gluten

- Chocolate brownie
  - Gluten

- Fruit yoghurt & apple wedge
  - Milk

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

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**North Wheatley C of E Primary School**

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

OUR MENUS ARE DESIGNED TO MAKE THE BEST USE OF SEASONAL INGREDIENTS

WE CAN TRACE OUR MEAT BACK TO THE FARM

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North Wheatley C of E Primary School

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