Nottinghamshire County Council

SIMPLY FRESH

SECONDARY MENU
WINTER 2021

Alderman White School
A member of The White Hills Park Federation Trust

WEEK 1 MEAL DEALS OF THE DAY

all meals come with a dessert of the day and a bottle of water or aqua juice

CHEF'S MEAL OF THE DAY

Each meal comes with a dessert and a bottle of water or aqua juice

MONDAY		Chicken Enchiladas Milk, Gluten or Vegetable Enchiladas Milk, Gluten	A New Potatoes or Garlic Slice Milk, Gluten	B Mixed salad or Coleslaw Egg
TUESDAY		Porkies in gravy Soya, Gluten or Vegeballs in gravy	A Roast Potatoes or Mashed Potatoes	B Carrots or Broccoli
WEDNESDAY		Roast beef & gravy Yorkshire pudding Milk ,Egg, Gluten or Quorn roast & gravy Milk, Egg Yorkshire pudding Milk, Egg, Gluten	A Roast Potatoes or Mashed Potatoes	B Green Cabbage or Baton Carrots
THURSDAY		Spaghetti Bolognese Fish, Gluten or Vegetarian Bolognese Egg, Gluten	A Garlic slice Gluten, Milk or Crusty Bread Gluten, Sesame	B Mixed salad or Ranch Salad Egg
FRIDAY		Breaded Fish Fish, Gluten Lemon Wedge Tartare Sauce Egg or Quorn Fishless Fingers Gluten with Lemon Wedge Tartare Sauce Egg	A Crispy Chunky Chips or New Potatoes	B Mushy Peas or Petit Pois Peas or Mixed Salad

DESSERT OF THE DAY

	Spiced carrot cake Gluten, Egg, Sulphur Dioxide & custard Milk or Yoghurt Milk or Fruit
	Fruit in jelly or Yoghurt Milk or Fruit
	Honey & oatmeal cookie Gluten or Yoghurt Milk or Fruit
	Crispy jam tart Gluten, Sulphur, Dioxide & custard Milk or Yoghurt Milk or Fruit
	Fruit Muffin Gluten, Egg or Yoghurt Milk or Fruit

Choose one item from choice **A** and one item from choice **B**

For information about food allergens please ask the Chef Manager

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org
Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

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WEEK 2 MEAL DEALS OF THE DAY

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CHEF'S MEAL OF THE DAY

Each meal comes with a dessert and a bottle of water or aqua juice

MONDAY		**Pasta Americana** Gluten or **Cheese & broccoli Quiche** Milk,Egg, Gluten	A **New Potatoes** or **Garlic Slice** Milk, Gluten	B **Mixed salad** or **Ranch Salad** Egg
TUESDAY		**Cheesy cottage pie & gravy** Milk, Fish or **Quorn cottage pie & gravy** Celery, Egg, Gluten	A **Roast Potatoes** or **Diced potatoes**	B **Carrots** or **Broccoli**
WEDNESDAY		**Roast Gammon & Yorkshire pudding** Milk, Egg, Gluten or **Roast Quorn & gravy** Milk, Egg **& Yorkshire pudding** Milk, Egg, Gluten	A **Roast potatoes** or **Mashed potatoes**	B **Green Cabbage** or **Baton Carrots**
THURSDAY		**Turkey & vegetable pie** Milk, Fish, Gluten **gravy** or **Quorn & vegetable pie** Milk, Egg, Gluten **gravy**	A **Diced Potatoes** or **Mashed potatoes**	B **Carrot & swede mash** or **Cauliflower**
FRIDAY		**Breaded Fish** Fish, Gluten **Lemon Wedge Tartare Sauce** Egg or **Quorn Fishless Fingers** Gluten **with Lemon Wedge Tartare Sauce** Egg	A **Crispy Chunky Chips** or **New Potatoes**	B **Mushy Peas** or **Petit Pois Peas** or **Mixed Salad**

DESSERT OF THE DAY

	Fruit flapjack Gluten or **Yoghurt** Milk or **Fruit**
	Butterscotch tart Milk, Gluten **Yoghurt** Milk or **Fruit**
	Date slice & custard Gluten, Milk or **Yoghurt** Milk or **Fruit**
	Ginger sponge Egg, Gluten **& Custard** Milk or **Yoghurt** Milk or **Fruit**
	Chocolate & orange muffin Egg, Gluten or **Yoghurt** Milk or **Fruit**

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WEEK 3 MEAL DEALS OF THE DAY

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CHEF'S MEAL OF THE DAY

Each meal comes with a dessert and a bottle of water or aqua juice

MONDAY		Beef lasagne Gluten, Fish, Milk **or** Vegetable lasagne Milk, Gluten	A: Diced Potatoes **or** Garlic Slice Milk, Gluten	B: Mixed salad **or** Coleslaw Egg
TUESDAY		Nottinghamshire sausage Gluten, Sulphur Dioxide & Yorkshire pudding Gluten, Egg, Milk **or** Vegan plant-based sausage Soya, Sulphur, Dioxide & Yorkshire pudding Gluten, Egg, Milk	A: Roast Potatoes **or** Mashed Potatoes	B: Carrots **or** Broccoli
WEDNESDAY		Roast pork, stuffing Gluten & gravy **or** Quorn Roast Milk, Egg stuffing Gluten & gravy	A: Roast Potatoes **or** Mashed Potatoes	B: Green Cabbage **or** Baton Carrots
THURSDAY		Chicken Tikka Masala Milk **or** Vegetable & chickpea Tikka masala Milk	A: Chapati flatbread Gluten **or** Wholegrain rice	B: Minted cucumber salad **or** Sweetcorn
FRIDAY		Breaded Fish Fish, Gluten Lemon Wedge Tartare Sauce Egg **or** Quorn Fishless Fingers Gluten with Lemon Wedge Tartare Sauce Egg	A: Crispy Chunky Chips **or** New Potatoes	B: Mushy Peas **or** Petit Pois Peas **or** Mixed Salad

DESSERT OF THE DAY

	Apple & plum crumble Gluten & custard Milk **or** Yoghurt Milk **or** Fruit
	Rice pudding & jam Milk, Sulphur Dioxide **or** Yoghurt Milk **or** Fruit
	Chocolate brownie Gluten & Crème fraiche Milk **or** Yoghurt Milk **or** Fruit
	Pear sponge Egg, Gluten & custard Milk **or** Yoghurt Milk **or** Fruit
	Cornflake tart Gluten, Sulphur Dioxide & custard Milk **or** Yoghurt Milk **or** Fruit

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