

Secondary schools - Hot menu - Showing 14 main allergens

Summer 24

Week 1: Week commencing: 15th April | 6th May | 3rd June | 24th June | 15th July | 9th Sept | 30th Sept | 21st Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st Choice	Italian chicken goujons none with potato wedges none	Chicken curry wheat/gluten with rice none & naan bread wheat/gluten	Vegan sausage roll wheat/gluten, soya, milk with sweet potato mash milk	Roast of the day none (gammon/chicken/beef) served with gravy none & roast potatoes none	Fish fingers wheat/gluten, fish served with lemon mayonnaise egg, sulphur dioxide/sulphites & chips none
2 nd Choice	Tomato pasta wheat/gluten & garlic bread wheat/gluten	Pizza wheat/gluten, milk served with potato of the day none	Cheese ploughman wheat/gluten, egg, milk, soya, sulphur dioxide & sulphites	Sweet potato parcel wheat/gluten - egg & milk (if using egg wash) served with gravy none and roast potatoes none	Sweet & sour meat free balls wheat/gluten, soya served with rice none
3 rd choice	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none
Vegetable/Salad Selection	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)
Dessert	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART

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Week 2: Week commencing: 22nd April | 13th May | 10th June | 1st July | 22nd July | 16th Sept | 7th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st Choice	Chicken nuggets none served with waffle fries none and a selection of dips SEE LIST BELOW	Beef Bolognese wheat/gluten served with garlic bread wheat/gluten	Vegan sausage hot dog wheat/gluten, sesame, soya served with sauteed onions none & mini potato bites none	Roast chicken none & pork sausage wheat/gluten, soya, sulphur dioxide/sulphites served with gravy none & roast potatoes none	Salmon fishcake wheat/gluten, fish served with a lemon wedge none & chips none
2 nd Choice	Vegetable goujons none served with waffle fries none and a selection of dips SEE LIST BELOW	Pizza wheat/gluten, milk served with potato of the day none	Quorn & bean patty wheat/gluten, egg served with mini potato bites none	Golden potato cake egg served with gravy none & roast potatoes none	Rainbow pizza French bread wheat/gluten, milk served with coleslaw egg & chips none
3 rd choice	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none
Vegetable/Salad Selection	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)
Dessert	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART

Selection of dips: mayonnaise egg/ garlic mayonnaise egg/ ketchup none/ sweet chilli sauce none/ BBQ sauce none

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Week 3: Week commencing: 29th April | 20th May | 17th June | 8th July | 2nd Sept | 23rd Sept | 14th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st Choice	Pork sausages wheat/gluten, soya, sulphur dioxide/sulphites served with creamy mash milk and baked beans none	BLT wrap wheat/gluten, egg served with potato of the day none & coleslaw egg	Macaroni cheese wheat/gluten, milk served with garlic bread wheat/gluten	Roast chicken none & pork sausage wheat/gluten, soya, sulphur dioxide/sulphites served with gravy none & roast potatoes none	Fish fingers wheat/gluten, fish served with lemon mayonnaise egg, sulphur dioxide/sulphites & chips none
2 nd Choice	Vegetarian Bolognese wheat/gluten, egg served with garlic bread wheat/gluten	Pizza wheat/gluten, milk served with potato of the day none	Quorn nuggets wheat/gluten served with potato wedges none and a selection of dips SEE LIST BELOW	Vegan sausage turnover wheat/gluten - egg & milk (if using egg wash) served with gravy none & roast potatoes none	Mexican cheese quesadilla wheat/gluten, milk served with chips none
3 rd choice	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none	Jacket potato none with either cheese milk, tuna egg, fish, baked beans none
Vegetable/Salad Selection	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)	Seasonal vegetables none & salad (celery, if using celery/ egg, if using mayonnaise)
Dessert	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART	Choice of cake, biscuit, fruit pot or yoghurt SEE DESSERTS CHART

Selection of dips: garlic mayonnaise egg/ ketchup none/ sweet chilli sauce none/ BBQ sauce none