

WEEKLY MENU

LOOK OUT FOR
OUR THEMED DAYS!

WEEK ONE
4TH NOVEMBER
2ND DECEMBER
6TH JANUARY
3RD FEBRUARY
10TH MARCH

WEEK TWO
11TH NOVEMBER
9TH DECEMBER
13TH JANUARY
10TH FEBRUARY
17TH MARCH

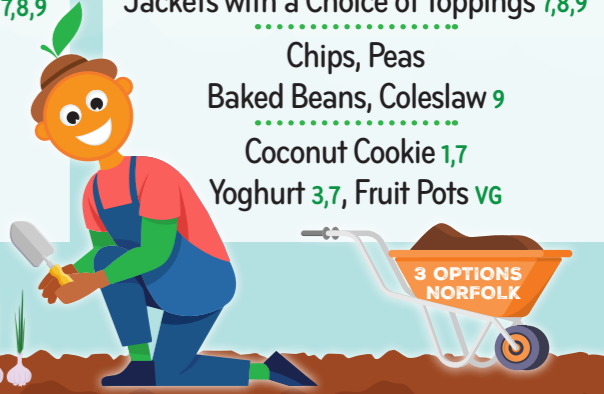
WEEK THREE
18TH NOVEMBER
16TH DECEMBER
20TH JANUARY
24TH FEBRUARY
24TH MARCH

WEEK FOUR
25TH NOVEMBER
30TH DECEMBER
27TH JANUARY
3RD MARCH
31ST MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & Bean Lasagne 1,3,4,7,9 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn, Peppers Rice Pudding & Syrup 7 Mr Nourish Biscuit 1VG Fruit Pots VG	Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7V Jackets with a Choice of Toppings 7,8,9 Herby Bread 1,3,7,9, Green Beans, Carrots Apple Crumble 1VG & Custard 7 Mr Nourish Biscuit 1VG Fruit Pots VG	Roast Gammon & Gravy Falafel Burger 1,5 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Cauliflower, Broccoli Fruit Jelly VG Mr Nourish Biscuit 1VG Yoghurt 3,7, Fruit Pots VG	Chicken Arrabiatta Pasta 1 Biryani Balls in a Curry Sauce 1,5 VG Jackets with a Choice of Toppings 7,8,9 Seasonal Vegetables Chocolate & Vanilla Cake 1,7 Mr Nourish Biscuit 1VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Cheese & Tomato Puff 1,7V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Coleslaw 9 Ginger Biscuit 1,15 VG Yoghurt 3,7 Fruit Pots VG
Chicken & Sweetcorn Pie 1 Herby Tomato Pasta Twists 1VG Jackets with a Choice of Toppings 7,8,9 New Potatoes, Carrots, Peas Ice Cream 7 Mr Nourish Biscuit 1VG Fruit Pots VG	Mild Chilli Beef 4 Pesto & Pea Penne 1,7V Jackets with a Choice of Toppings 7,8,9 Rice, Seasonal Vegetables Toffee Apple Pudding 1VG & Custard 7 Mr Nourish Biscuit 1VG Fruit Pots VG	Roast Chicken & Gravy Vegan Sausage Roll 1VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Cabbage, Sweetcorn Chocolate Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1VG Yoghurt 3,7, Fruit Pots VG	Macaroni Cheese 1,7V Rice & Bean Burrito 1VG Jackets with a Choice of Toppings 7,8,9 Baked Wedges Green Beans, Cauliflower Fruit Loaf 1,3,7,9 Mr Nourish Biscuit 1VG Yoghurt 3,7, Fruit Pots VG	Salmon Fish Cake 1,7,8 Margherita Pizza 1,3,7,9 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Carrot Sticks Jaffa Biscuit 1VG Yoghurt 3,7 Fruit Pots VG
Katsu Chicken Nugget 1 Cheesy Pasta Bake 1,7V Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn, Peppers Chocolate Whip 7 Mr Nourish Biscuit 1VG Fruit Pots VG	Cheese & Onion Pinwheel 1,7V Spaghetti Vegetable Bolognese 1VG Jackets with a Choice of Toppings 7,8,9 New Potatoes, Green Beans, Carrots Syrup Sponge 1VG & Custard 7 Mr Nourish Biscuit 1VG Fruit Pots VG	Savoury Beef & Yorkshire Puddings 1,7,9 Samosa Puff 1VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Cabbage, Peas Fruit Jelly VG Mr Nourish Biscuit 1VG Yoghurt 3,7, Fruit Pots VG	Sweet Chilli Chicken Noodles 1,3,16 Potato & Vegetable Cake with Tomato Sauce VG Jackets with a Choice of Toppings 7,8,9 Garlic Bread 1,3,7,9, Seasonal Vegetables Cinnamon Roll 1,3,7,9 Mr Nourish Biscuit 1VG Yoghurt 3,7, Fruit Pots VG	Sausages 1,6 Quorn Sausage 1VG Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Roasted Onions Apple Flapjack 1,15 VG Yoghurt 3,7, Fruit Pots VG
Margherita Pizza 1,3,7,9 V Meatfree Meatballs in Tomato Sauce VG Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1VG, Sweetcorn, Peppers Strawberry Mousse 7 Mr Nourish Biscuit 1VG Fruit Pots VG	Chicken Curry Tomato Spaghetti 1VG Jackets with a Choice of Toppings 7,8,9 Rice, Seasonal Vegetables Banana Loaf 1VG & Chocolate Custard 7 Mr Nourish Biscuit 1VG Fruit Pots VG	Roast Pork & Gravy Chinese Tofu Wrap 1,3,16 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Green Beans, Carrots Ice Cream 7 Mr Nourish Biscuit 1VG Yoghurt 3,7, Fruit Pots VG	Beef Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7V Jackets with a Choice of Toppings 7,8,9 Cauliflower, Broccoli Jam & Vanilla Cake 1VG Mr Nourish Biscuit 1VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Bruschetta 1,5,7V Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9 Coconut Cookie 1,7 Yoghurt 3,7, Fruit Pots VG

AVAILABLE DAILY: Selection of Salads 9, Homemade Bread 1,3,7,9. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

VG Vegan V Vegetarian
1Wheat Gluten 2Crustaceans 3Soybean 4Mustard 5Sesame 6Sulphites/Sulphur Dioxide 7Milk
8Fish 9Egg 10Peanuts 11Molluscs 12Celeriac/Celery 13Nuts 14Lupins 15Oat Gluten 16Barley Gluten



EAT YOUR VEGGIES!