

OCT 23 TO MAR 24

CELEBRATING 20 YEARS

WEEKLY MENU



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|--|
| Week 1 30th Oct . 27th Nov 8th Jan . 5th Feb 11th Mar | Chicken & Tomato Pasta Bake 1.7 Cauliflower & Chick Pea Curry 1.7 V Jackets with a Choice of Toppings 7.8,9 Rice, Sweetcorn, Peppers Rice Pudding & Jam 7 Mr Nourish Biscuit 1 Fruit Pots | Chicken Stew & Dumpling 1 Pesto Pasta Bake 1.7 V Jackets with a Choice of Toppings 7.8,9 Green Beans, Carrots Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots | Roast Turkey & Gravy Lentil & Bean Loaf 1 V Jackets with a Choice of Toppings 7.8,9 Rustic Roast Potatoes, Cauliflower, Broccoli Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7 | Turkey Carbonara Pasta 1.7 Falafel Wrap 1 V Jackets with a Choice of Toppings 7.8,9 New Potatoes, Seasonal Vegetables Chocolate Swirl 1.7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7 | Fish Fingers 1.8 Cheesy Bean Slice 1.7 V Jackets with a Choice of Toppings 7.8,9 Chips, Peas, Baked Beans, Coleslaw 9 Ginger Biscuit 1.15 Yoghurt 3,7 Fruit Pots |
| Week 2 6th Nov . 4th Dec 15th Jan . 19th Feb 18th Mar | Mild Chilli 4 Cheesy Pasta Bake 1.7 V Jackets with a Choice of Toppings 7.8,9 Rice, Carrots, Green Beans Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots | Chicken Noodles 1.3,16 Vegetable Nuggets & Tomato Sauce 1 V Jackets with a Choice of Toppings 7.8,9 Rainbow Rice, Carrots, Peas Toffee Apple Pudding 1.9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots | Roast Chicken & Gravy Roast Vegetable Yorkshire Pudding Wrap 1.2,9 V Jackets with a Choice of Toppings 7.8,9 Rustic Roast Potatoes or Jollof Rice, Cabbage, Sweetcorn Popcorn & Raisin Pot Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7 | Macaroni Cheese 1.7 V Rice & Bean Burrito 1 V Jackets with a Choice of Toppings 7.8,9 Baked Wedges, Seasonal Vegetables Sunshine Bar 1.6,15,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7 | Salmon Fishcakes 1.7,8 Margherita Pizza 1.3,2,9 V Jackets with a Choice of Toppings 7.8,9 Chips, Peas, Baked Beans, Cucumber Sticks Jaffa Biscuit 1 Yoghurt 3,7 Fruit Pots |
| Week 3 13th Nov . 11th Dec 22nd Jan . 26th Feb 25th Mar | Keema Pie Cheese & Tomato Garlic Dough Balls 1.7 V Jackets with a Choice of Toppings 7.8,9 New Potatoes, Green Beans, Carrots Chocolate Whip 7 Mr Nourish Biscuit 1 Fruit Pots | Chicken Curry Tomato & Herb Pasta 1 V Jackets with a Choice of Toppings 7.8,9 Rice, Sweetcorn, Onion Slaw Jam Sponge 1.9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots | Roast Beef & Gravy Cheese & Onion Pinwheel 1.7 V Jackets with a Choice of Toppings 7.8,9 Rustic Roast Potatoes or Jollof Rice, Cabbage, Peas Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7 | Chicken & Sweetcorn Pie 1 Pesto Pasta 1.7 V Jackets with a Choice of Toppings 7.8,9 New Potatoes, Seasonal Vegetables Sweet Potato Cake 1.9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7 | Fish Fingers 1.8 Quorn Sausage 1 V Jackets with a Choice of Toppings 7.8,9 Chips, Peas, Baked Beans, Roasted Onions Apple Flapjack 1.15 Yoghurt 3,7 Fruit Pots |
| Week 4 20th Nov . 18th Dec 1st Jan . 29th Jan 4th Mar | BBQ Chicken Tomato Spaghetti 1 V Jackets with a Choice of Toppings 7.8,9 Rice, Seasonal Vegetables Banana Loaf 1.9 & Chocolate Custard 7 Mr Nourish Biscuit 1 Fruit Pots | PIZZA DAY Spicy Beef Pizza 1.3,2,9 or Margherita Pizza 1.3,2,9 V Jackets with a Choice of Toppings 7.8,9 Rainbow Pasta 1, Sweetcorn, Peppers Strawberry Mousse 7 Mr Nourish Biscuit 1 Fruit Pots | Roast Chicken & Gravy Vegan Sausage Roll 1 V Jackets with a Choice of Toppings 7.8,9 Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots Fruity Cornflake Cake 1.7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7 | Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4.7 V Jackets with a Choice of Toppings 7.8,9 Cauliflower, Broccoli Jam Swirl 1 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7 | Fish Fingers 1.8 Bruschetta 1.7 V Jackets with a Choice of Toppings 7.8,9 Chips, Peas, Baked Beans, Coleslaw 9 Caramel Cookie 1.7 Yoghurt 3,7 Fruit Pots |

Dishes marked with any of the following numbers contain the matching allergen.

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



LOOK OUT FOR OUR THEMED DAYS!



Key: VG Vegan V Vegetarian

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.