

WEEKLY MENU



| |  MONDAY | TUESDAY | WEDNESDAY |  THURSDAY | FRIDAY |
|----------------------|---|---|---|---|--|
| WEEK 1 | Spaghetti Vegetable Bolognese 1.1 _g Shepherdess Pie 3.1 _g | Turkey & Ham Pie 1 Cheese, Tomato & Herb Penne 1.7 _v | Minced Beef & Yorkshire Pudding 1.7 ₉ Bean & Sweet Potato Parcel 1.1 _g | Chicken Curry Cheese & Broccoli Penne 1.7 _v | Fish Fingers 1.8 Vegan Burger in a Bun 1.4,5.1 _g |
| 1st November | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 |
| 29th November | Sweetcorn Peppers | New Potatoes | Mashed Potatoes, Broccoli | Rice, Sliced Carrots | Chips, Baked Beans |
| 10th January | Peaches & Custard 7 | Seasonal Vegetables | Diced Swede | Green Beans | Peas, Cucumber Sticks |
| 7th February | Mr Nourish Biscuit 1 | Ice Cream 7 | Mandarin Drizzle Cake 1.9 | Chocolate Swirls 1.7 | Sunshine Bar 1.6,15,16 |
| 14th March | Fruit Pots | Mr Nourish Biscuit 1 Fruit Pots | Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Fruit Pots Yoghurt 7 | Fruit Pots Yoghurt 7 |
| WEEK 2 | Macaroni Cheese 1.7 _v Rice & Bean Burrito with Baked Wedges 1.1 _g | Homemade Sausage Roll 1.6 Vegan Sausage Roll 1.1 _g | Roast Chicken & Gravy Vegetable Fingers 1.1 _g | Mild Mexican Mince 4 Cheese & Broccoli Twists 1.7 _v | Salmon Risotto 8 Margherita Pizza 1,3,7,9 _v |
| 8th November | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 |
| 6th December | Seasonal Vegetables | Mashed Potato, Cabbage | Rustic Roast Potatoes | Rice, Cauliflower | Chips, Baked Beans |
| 17th January | Ice Cream 7 | Baked Beans | Broccoli, Sweetcorn | Carrots | Peas, Coleslaw 9 |
| 21st February | Mr Nourish Biscuit 1 | Banana Loaf 1.9 & Chocolate Custard 7 | Crispy Cake 7.16 | Honeydew Melon, Apple & Orange Pots | Fruity Flapjack 1.15 |
| 21st March | Fruit Pots | Mr Nourish Biscuit 1 Fruit Pots | Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Fruit Pots Yoghurt 7 | Fruit Pots Yoghurt 7 |
| WEEK 3 | Loaded Flatbread 1.7 _v Cauliflower & Chick Pea Curry & Rice 1 _g | Beef Stew & Dumpling 1 Cheese & Tomato Pasta Bake 1.7 _v | Roast Gammon & Gravy Vegetable Wellington 1.1 _g | Chicken Pie 1 Tomato & Sweetcorn Penne 1.1 _g | Fish Fingers 1.8 Cheese & Onion Pinwheel 1.7 _v |
| 15th November | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 |
| 13th December | Baked Wedges | Broccoli, Diced Swede | Rustic Roast Potatoes | New Potatoes, Sweetcorn | Chips, Baked Beans |
| 24th January | Seasonal Vegetables | Vanilla Sponge 1.9 & Custard 7 | Diced Carrots, Cabbage | Cauliflower | Peas, Carrot Sticks |
| 28th February | Chocolate Mousse 7 | Mr Nourish Biscuit 1 | Fruit Jelly | Apple & Sultana Bun 1,3,7,9 | Oaty Biscuit 1.15 |
| 28th March | Mr Nourish Biscuit 1 Fruit Pots | Mr Nourish Biscuit 1 Fruit Pots | Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Fruit Pots Yoghurt 7 | Fruit Pots Yoghurt 7 |
| WEEK 4 | Margherita Pizza 1,3,7,9 _v Tofu Biryani 3.1 _g | Cottage Pie Tomato Bows 1.1 _g | Roast Chicken & Gravy Vegan Mince Puff 1.3.1 _g | Penne Bolognese 1 Cheesy Cajun Wedges 4,7 _v | Fish Fingers 1.8 Bruschetta 1.7 _v |
| 22nd November | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 | Jacket Potatoes with a Choice of Toppings 7.8,9 |
| 3rd January | New Potatoes, Sweetcorn | Cauliflower, Peas | Rustic Roast Potatoes | Seasonal Vegetables | Chips, Baked Beans |
| 31st January | Peppers | Apple Crumble 1 & Custard 7 | Broccoli, Sliced Carrots | Orange, Apple & Watermelon Pots | Peas, Coleslaw 9 |
| 7th March | Strawberry Whip 7 | Mr Nourish Biscuit 1 | Fruit Jelly | Fruit Pots | Ginger Cookie 1.15 |
| | Mr Nourish Biscuit 1 Fruit Pots | Mr Nourish Biscuit 1 Fruit Pots | Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Fruit Pots Yoghurt 7 | Fruit Pots Yoghurt 7 |

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

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.



Remember... Reception, Year 1 and 2 are entitled to free school meals. This excludes independent schools.

