

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
Cheese & Bean Lasagne 1,3,4,7,9 V
Sweet Potato & Chick Pea Curry VG
Herby Tomato Pasta Bows 1VG
Rice, Sweetcorn, Peppers
Rice Pudding & Syrup 7
Mr Nourish Biscuit 1VG
Fruit Pots VG

TUESDAY
Beef Stew & Dumpling 1
Pesto Pasta Bake 1,7 V
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

WEDNESDAY
Roast Turkey & Gravy
Falafel Burger 1,5 VG
Cheesy Pasta Twists 1,7 V
Rustic Roast Potatoes or Jollof Rice
Cauliflower, Broccoli
Fruit Jelly VG
Yoghurt 3,7
Fruit Pots VG

THURSDAY
Chicken Arrabiatta Pasta 1
Biryani Balls in a Curry Sauce 1VG
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

FRIDAY
Beefburger in a Bun 1,5
Cheese & Tomato Puff 1,7 V
Mushroom Carbonara Spaghetti 1,7 V
Chips, Peas
Baked Beans, Coleslaw 9
Ginger Biscuit 1,15 VG
Yoghurt 3,7
Fruit Pots VG

Macaroni Cheese 1,7 V
Rice & Bean Burrito 1VG
Mediterranean Pasta 1VG
Baked Wedges, Green Beans, Cauliflower
Fruit Loaf 1,3,7,9
Mr Nourish Biscuit 1VG
Yoghurt 3,7
Fruit Pots VG

Mild Chilli Beef 4
Pesto & Pea Penne 1,7 V
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
Arrabiatta Pasta 1VG
Rustic Roast Potatoes or Jollof Rice
Cabbage, Sweetcorn
Chocolate Crispy Cake 1,3,7,16
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

Salmon Fish Cake 1,7,8
Margherita Pizza 1,3,7,9 V
Herby Tomato Pasta Twists 1VG
Chips, Peas
Baked Beans, Carrot Sticks
Jaffa Biscuit 1VG
Yoghurt 3,7
Fruit Pots VG

Cheese & Onion Pinwheel 1,7 V
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

Katsu Chicken Nugget 1
Cheesy Pasta Bake 1,7 V
Pesto & Pea Penne 1,7 V
Rice, Sweetcorn, Peppers
Chocolate Whip 7
Mr Nourish Biscuit 1VG
Fruit Pots VG

Roast Chicken & Gravy
Samosa Puff 1VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes, Cabbage, Peas
Fruit Jelly VG
Yoghurt 3,7
Fruit Pots VG

Sweet Chilli Chicken Noodles 1,3,16
Potato & Vegetable Cake
with Tomato Sauce VG
Macaroni Cheese 1,7 V
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
Cheesy Pasta Twists 1,7 V
Rice, Seasonal Vegetables
Banana Loaf 1VG & Chocolate Custard 7
Mr Nourish Biscuit 1VG
Fruit Pots VG

Roast Chicken & Gravy
Chinese Tofu Wrap 1,3,16 VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Green Beans, Carrots
Ice Cream 7
Yoghurt 3,7
Fruit Pots VG

Beef Bolognese Penne Pasta 1
Cheesy Cajun Wedges 4,7 V
Tomato & Sweetcorn Penne 1VG
Cauliflower, Broccoli
Jam & Vanilla Cake 1VG
Mr Nourish Biscuit 1VG
Yoghurt 3,7
Fruit Pots VG

Fish Fingers 1,8
Bruschetta 1,7 V
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!