

# 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  
Jackets with a Choice of Toppings 7,8,9  
Rice, Sweetcorn, Peppers  
Rice Pudding & Syrup 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

**TUESDAY**  
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

**WEDNESDAY**  
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

**THURSDAY**  
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

**FRIDAY**  
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

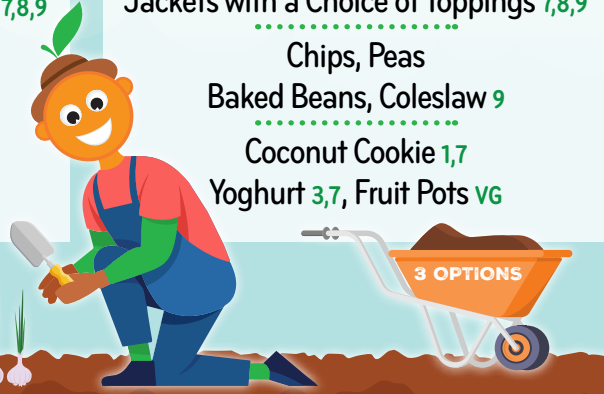
Roast Pork & Gravy  
Chinese Tofu Wrap 1,3,16 VG  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes  
Green Beans, Carrots  
Ice Cream 7  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

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 1,7V  
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!**