

WEEKLY MENU



WEEK ONE

28TH OCTOBER
25TH NOVEMBER
30TH DECEMBER
27TH JANUARY
3RD MARCH
31ST MARCH

WEEK TWO

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

WEEK THREE

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

WEEK FOUR

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

MONDAY

Margherita Pizza **1,3,7,9 V**
Meatfree Meatballs in Tomato Sauce **VG**
Jackets with a Choice of Toppings **7,8,9**
Rainbow Pasta **1 VG**, Sweetcorn, Peppers
Strawberry Mousse **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

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
Apple Crumble **1 VG & Custard 7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Chicken & Sweetcorn Pie **1**
Herby Tomato Pasta Twists **1 VG**
Jackets with a Choice of Toppings **7,8,9**
New Potatoes, Carrots, Peas
Ice Cream **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Katsu Chicken Nugget **1**
Herby Tomato Pasta Twists **1 VG**
Jackets with a Choice of Toppings **7,8,9**
Rice, Sweetcorn, Peppers
Chocolate Whip **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

TUESDAY

Spicy Chicken Noodles **5,3,16**
Vegetable Dahl Roti **VG**
Cheese Wrap **1,7 V**
Vegetable Sticks
Crispy Cake **3,7,16**
Fruit Pots **VG**

Sausage Hot Dog **1,5,6**
Quorn Hotdog **1,5 VG**
Cheese Wrap **1,7 V**
Potato Salad **9**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Cheese & Onion Pinwheel **1,7 V**
Samosa Puff **1 VG**
Cheesy Pesto Pasta **1,7 V**
Fruit Loaf **1,3,7,9**
Fruit Pots **VG**

BBQ Chicken Pizza Slice **1,7 V**
Cheese & Tomato Pizza Slice **VG**
Egg Mayonnaise Wrap **9 V**
Pasta Salad **1**
Oaty Biscuit **1,15 VG**
Fruit Pots **VG**

WEDNESDAY

Jerk Chicken Drumstick
Chinese Tofu Wrap **1,3,16 VG**
Jackets with a Choice of Toppings **7,8,9**
Jollof Rice, Green Beans, Carrots
Ice Cream **7**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Roast Chicken Drumstick
Falafel Burger **1,5, VG**
Jackets with a Choice of Toppings **7,8,9**
Rustic Roast Potatoes or Jollof Rice
Cauliflower, Broccoli
Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Jerk Chicken
Vegan Sausage Roll **1 VG**
Jackets with a Choice of Toppings **7,8,9**
Rustic Roast Potatoes or Jollof Rice
Cabbage, Sweetcorn
Chocolate Crispy Cake **1,3,7,16**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Bolognese Penne Pasta **1**
Cheesy Cajun Wedges **4,7 V**
Jackets with a Choice of Toppings **7,8,9**
Garlic Bread **1,3,7,9**, Cauliflower, Peas
Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

THURSDAY

Chicken Curry
Tomato Spaghetti **1 VG**
Jackets with a Choice of Toppings **7,8,9**
Rice, Seasonal Vegetables
Jam & Vanilla Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Chicken Arrabiatta Pasta **1**
Biryani Balls in a Curry Sauce **1 VG**
Jackets with a Choice of Toppings **7,8,9**
Seasonal Vegetables
Chocolate & Vanilla Cake **1,7**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Macaroni Cheese **1,7 V**
Rice & Bean Burrito **1 VG**
Jackets with a Choice of Toppings **7,8,9**
Baked Wedges, Green Beans, Cauliflower
Chips, Peas, Baked Beans, Carrot Sticks
Toffee Apple Pudding **1 VG & Custard 7**
Mr Nourish Biscuit **1 VG**
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**
Seasonal Vegetables
Cinnamon Roll **1,3,7,9**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

FRIDAY

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**

Fish Fingers **1,8**
Cheese & Tomato Puff **1,7 V**
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**

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 **1 VG**
Yoghurt **3,7**
Fruit Pots **VG**

Sausages **1,6**
Quorn Sausage **1 VG**
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**

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
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



EAT YOUR VEGGIES!