



# WEEKLY MENU

APRIL TO OCTOBER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<b>Vegan Bolognese Twists 1,3 Vg</b> Vegetable & Chick Pea Curry & Rice Vg Cheesy Fusilli 1,7 V Jacket Potatoes with a Choice of Toppings 7,8,9  Seasonal Vegetables  Chocolate Mousse 7 Mr Nourish Biscuit 1	<b>Sweet &amp; Sour Chicken with Rice 12</b> Cheese & Tomato Stack Wrap 1,7 V Tomato & Bean Penne 1 Vg Jacket Potatoes with a Choice of Toppings 7,8,9  Seasonal Vegetables  Lemon Cheesecake 1,7,9,15 Mr Nourish Biscuit 1	<b>Roast Pork &amp; Gravy</b> Sweet Potato Pinwheel 1 Vg Broccoli & Cheese Pasta 1,7 V Jacket Potatoes with a Choice of Toppings 7,8,9  Roast Potatoes Seasonal Vegetables  Mr Nourish Biscuit 1 Yoghurt 7	<b>Cottage Pie</b> Spanish Omelette 7,9 V Tomato Pasta Bake 1,7 V Jacket Potatoes with a Choice of Toppings 7,8,9  Seasonal Vegetables  Banana Bar 1,15 Yoghurt 7	<b>Fish Fingers 1,8</b> Baked Bean Burger in a Bun 1,5 Vg Pesto & Spinach Pasta Bake 1,7 V Jacket Potatoes with a Choice of Toppings 7,8,9  Chips, Peas, Baked Beans Mr Nourish Marble Biscuit 1 Yoghurt 7
18TH APRIL 16TH MAY 20TH JUNE					
19TH SEPTEMBER 17TH OCTOBER					
<b>WEEK 2</b>	<b>Margherita Pizza 1,3,7,9 V</b> Chick Pea Jambalaya Vg Pesto & Bean Fusilli 1,7 V Jacket Potatoes with a Choice of Toppings 7,8,9  Seasonal Vegetables  Ice Cream 7 Mr Nourish Biscuit 1	<b>Barbeque Pork with Rice</b> Vegetable Stir Fry Noodles 1,9,16 V Tomato Bows 1 Vg Jacket Potatoes with a Choice of Toppings 7,8,9  Seasonal Vegetables  Peach Crumble 1 & Custard 7 Mr Nourish Biscuit 1	<b>Roast Turkey &amp; Gravy</b> Caribbean Pastie 1 Vg Cheese & Spring Onion Pasta 1,7 V Jacket Potatoes with a Choice of Toppings 7,8,9  Roast Potatoes Seasonal Vegetables  Mr Nourish Biscuit 1 Yoghurt 7	<b>Penne Bolognese 1</b> Cauliflower & Potato Cheese 1,7 V Tomato & Pea Pasta 1 Vg Jacket Potatoes with a Choice of Toppings 7,8,9  Seasonal Vegetables  Caramel Cookie 1,7 Yoghurt 7	<b>Chicken Bites 1,7</b> Cheese & Tomato Swirl 1,7 V Cheese & Broccoli Penne 1,7 Jacket Potatoes with a Choice of Toppings 7,8,9  Chips, Peas, Baked Beans  Crispy Cake 7,16 Yoghurt 7
25TH APRIL 23RD MAY 27TH JUNE 29TH AUGUST 26TH SEPTEMBER					
<b>WEEK 3</b>	<b>Shepherdess Pie 3 Vg</b> Vegetable Sausages & Gravy 1,4,7,12 V Tomato & Bean Pasta Bows 1 Vg Jacket Potatoes with a Choice of Toppings 7,8,9  Mashed Potato Seasonal Vegetables  Mandarins & Ice Cream 7 Mr Nourish Biscuit 1	<b>Chicken Pie 1</b> Butternut Squash & Tomato Risotto 1,7 V Cheesy Fusilli 1,7 V Jacket Potatoes with a Choice of Toppings 7,8,9  New Potatoes Seasonal Vegetables  Sunny Cake 1,9 & Custard 7 Mr Nourish Biscuit 1	<b>Roast Gammon &amp; Gravy</b> Savoury Vegan Mince 3 Vg Pesto & Pea Pasta 1,7 V Jacket Potatoes with a Choice of Toppings 7,8,9  Roast Potatoes Seasonal Vegetables  Mr Nourish Biscuit 1 Yoghurt 7	<b>Chicken Curry</b> Falafel Wrap 1 Vg Tomato & Herb Twists 1 Vg Jacket Potatoes with a Choice of Toppings 7,8,9  Rice Seasonal Vegetables  Chocolate Brownie 1,9 Yoghurt 7	<b>Fish Fingers 1,8</b> Stuffed Peppers 7 V Tomato & Chick Pea Penne 1 Vg Jacket Potatoes with a Choice of Toppings 7,8,9  Chips, Peas, Baked Beans  Mr Nourish Chocolate Biscuit 1 Yoghurt 7
2ND MAY 6TH JUNE 4TH JULY 5TH SEPTEMBER 3RD OCTOBER					
<b>WEEK 4</b>	<b>Macaroni Cheese 1,7 V</b> Rice & Bean Burrito with Baked Wedges 1 Vg Tomato & Herb Fusilli 1 Vg Jacket Potatoes with a Choice of Toppings 7,8,9  Seasonal Vegetables  Yoghurt, Mandarins & Honey 7 Mr Nourish Biscuit 1	<b>Sausages with Gravy 1,6</b> Vegan Sausage Roll 1 Vg Pesto & Pea Pasta 1,7 V Jacket Potatoes with a Choice of Toppings 7,8,9  Mashed Potato Seasonal Vegetables  Chocolate Sponge 1,9 & Chocolate Sauce 7 Mr Nourish Biscuit 1	<b>Roast Chicken &amp; Gravy</b> Meatfree Meatballs 3 Vg Mediterranean Bows 1 Vg Jacket Potatoes with a Choice of Toppings 7,8,9  Roast Potatoes Seasonal Vegetables  Lemon Drizzle Cake 1,9 Mr Nourish Biscuit 1	<b>Mild Mexican Mince with Rice 4</b> Vegetable Lasagne 1,7,9 V Cheese & Broccoli Twists 1,7 V Jacket Potatoes with a Choice of Toppings 7,8,9 Seasonal Vegetables  Mr Nourish Biscuit 1 Yoghurt 7	<b>Salmon Fish Cake 1,8</b> Margherita Pizza 1,3,7,9 V Tomato & Sweetcorn Penne 1 Vg Jacket Potatoes with a Choice of Toppings 7,8,9  Chips, Peas, Baked Beans  Fruity Flapjack 1,15 Yoghurt 7
9TH MAY 13TH JUNE 11TH JULY 12TH SEPTEMBER 10TH OCTOBER					

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.

**Also Offered Daily:** Fruit pots, Jelly and Milk

