

WEEKLY MENU

	 MONDAY	TUESDAY	WEDNESDAY	 THURSDAY	FRIDAY
WEEK 1					
1st November	Spaghetti Vegetable Bolognese 1 Vg Shepherdess Pie 3 Vg Cheesy Fusilli 1,7 V	Turkey & Ham Pie 1 Vegetable Sausage 1 Vg Cheese, Tomato & Herb Penne 1,7 V	Minced Beef & Yorkshire Pudding 1,7,9 Bean & Sweet Potato Parcel 1 Vg Pesto & Pea Pasta 1,7 V	Chicken Curry Butternut Squash Dahl 1Vg Cheese & Broccoli Penne 1,7V	Fish Fingers 1,8 Vegan Burger in a Bun 1,4,5 Vg Tomato & Chick Pea Penne 1Vg
29th November	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9 Mashed Potatoes Seasonal Vegetables	Jacket Potato with a Choice of Toppings 7, 8, 9 Rice Seasonal Vegetables	Jacket Potato with a Choice of Toppings 7, 8, 9 Chips, Peas, Baked Beans
10th January	Seasonal Vegetables	New Potatoes Seasonal Vegetables	Mashed Potatoes Seasonal Vegetables Mandarin Drizzle Cake 1,9	Seasonal Vegetables	Chips, Peas, Baked Beans
7th February	Peaches & Custard 7 Mr Nourish Biscuit 1	Ice Cream 7 Mr Nourish Biscuit 1	Mandarin Drizzle Cake 1,9 Mr Nourish Biscuit 1	Chocolate Swirls 1,7 Yoghurt 7	Sunshine Bar 1,6,15,16 Yoghurt 7
14th March					
WEEK 2					
8th November	Macaroni Cheese 1, 7 V Rice & Bean Burrito 1Vg Tomato & Herb Fusilli 1Vg	Homemade Sausage Roll 1,6 Vegan Sausage Roll 1Vg Pesto & Pea Pasta 1,7V	Roast Chicken & Gravy Vegetable Fingers 1Vg Mediterranean Bows 1Vg	Mild Mexican Mince 4 Roast Vegetables & Rice Vg Cheese & Broccoli Twists 1,7 V	Salmon Fish Cake 1,8 Margherita Pizza 1,3 7,9 V Tomato & Sweetcorn Penne 1Vg
6th December	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9 Rice Seasonal Vegetables	Jacket Potato with a Choice of Toppings 7, 8, 9 Chips, Peas, Baked Beans
17th January	Baked Wedges Seasonal Vegetables	Mashed Potato Seasonal Vegetables	Roast Potatoes Seasonal Vegetables	Seasonal Vegetables	Chips, Peas, Baked Beans
21st February	Ice Cream 7 Mr Nourish Biscuit 1	Banana Loaf 1,9 & Chocolate Custard 7 Mr Nourish Biscuit 1	Crispy Cake 7,16 Mr Nourish Biscuit 1	Fruit Loaf 1,3,7,9 Yoghurt 7	Fruit Flapjack 1,15 Yoghurt 7
21st March					
WEEK 3					
15th November	Loaded Flatbread 1,7 V Cauliflower & Chick Pea Curry & Rice Vg Tomato & Bean Pasta Bows 1 Vg	Beef Stew & Dumpling 1 Country Stew & Dumpling 1Vg Cheesy & Tomato Pasta Bake 1,7V	Roast Gammon & Gravy Vegetable Wellington 1Vg Broccoli & Cheese Pasta 1,7 V	Chicken Pie 1 Cheese & Tomato Wrap Stack 1,7V Tomato & Sweetcorn Penne 1Vg	Fish Fingers 1,8 Cheese & Onion Pinwheel 1,7 V Pesto & Spinach Pasta Bake 1,7 V
13th December	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9 New Potatoes Seasonal Vegetables	Jacket Potato with a Choice of Toppings 7, 8, 9 Chips, Peas, Baked Beans
24th January	Potato Wedges Seasonal Vegetables	Seasonal Vegetables	Roast Potatoes Seasonal Vegetables	Seasonal Vegetables	Chips, Peas, Baked Beans
28th February	Chocolate Mousse 7 Mr Nourish Biscuit 1	Vanilla Sponge 1,9 & Custard 7 Mr Nourish Biscuit 1	Strawberry Cheesecake 1,3,7,9,15 Mr Nourish Biscuit 1	Apple & Sultana Bun 1,3,7,9 Yoghurt 7	Oaty Biscuits 1,15 Yoghurt 7
28th March					
WEEK 4					
22nd November	Margherita Pizza 1,3 7,9 V Tofu Biryani 3Vg Pesto & Bean Fusilli 1,7V	Cottage Pie Meatfree Meatballs 15,16 Vg Tomato Bows 1Vg	Roast Chicken & Gravy Vegan Mince Puff 1,3 Vg Cheese & Spring Onion Pasta 1,7V	Penne Bolognese 1 Cheesy Cajun Wedges 4,7 V Tomato & Pea Pasta 1 Vg	Chicken Bites 1,7 Bruschetta 1,7 V Cheese & Broccoli Penne 1,7 V
3rd January	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9	Jacket Potato with a Choice of Toppings 7, 8, 9 Rice, Seasonal Vegetables	Jacket Potato with a Choice of Toppings 7, 8, 9 Chips, Peas, Baked Beans
31st January	New Potatoes Seasonal Vegetables	Mashed Potatoes Seasonal Vegetables	Roast Potatoes Seasonal Vegetables	Seasonal Vegetables	Chips, Peas, Baked Beans
7th March	Strawberry Whip 7 Mr Nourish Biscuit 1	Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1	Chocolate Crispy Cake 7,16 Mr Nourish Biscuit 1	Yoghurt 7	Ginger Cookie 1,15 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.



Offered daily:
Salad Bar,
Homemade bread, Fruit pots, Jelly, and Milk

