

# 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  
 6TH JANUARY  
 27TH JANUARY  
 3RD MARCH  
 31ST MARCH

**MONDAY**  
 Vegetable Lasagne 1,3,4,7,9V  
 Sweet Potato & Chick Pea Curry Vg  
 Tomato Pasta Twists 1Vg  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Rice,  
 Seasonal Vegetables  
 Rice Pudding & Syrup 7  
 Mr Nourish Biscuit 1Vg

**TUESDAY**  
 Beef Stew & Dumpling 1  
 Quorn Sausage Casserole & Dumpling 1Vg  
 Pesto Pasta 1,7V  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Seasonal Vegetables  
 Apple Crumble 1Vg & Custard 7  
 Mr Nourish Biscuit 1Vg

**WEDNESDAY**  
 Roast Chicken & Gravy  
 Falafel Burger 1,5Vg  
 Cheesy Pasta Bows 1,7V  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Roast Potatoes  
 Seasonal Vegetables  
 Yoghurt 3,7  
 Mr Nourish Biscuit 1Vg

**THURSDAY**  
 Chicken Arrabiatta Pasta 1  
 Biryani Balls in Curry Sauce 1Vg  
 Pesto Penne 1,7V  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Garlic Bread 1,3,7,9  
 Seasonal Vegetables  
 Chocolate & Vanilla Cake 1,7  
 Mr Nourish Biscuit 1Vg

**FRIDAY**  
 Fish Fingers 1,8  
 Cheese & Tomato Puff 1,7V  
 Tomato Penne 1Vg  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Chips, Peas,  
 Baked Beans  
 Ginger Biscuit 1,15Vg  
 Yoghurt 3,7

**MONDAY**  
 Chicken Pie 1  
 Cauliflower & Cheese Nuggets 7V  
 Tomato Pasta Twists 1Vg  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 New Potatoes  
 Seasonal Vegetables  
 Ice Cream 7  
 Mr Nourish Biscuit 1Vg

**TUESDAY**  
 Beef Chilli 4  
 BBQ Vegetable Wrap Stack 1,7V  
 Roasted Veg & Tomato Pasta 1Vg  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Rice  
 Seasonal Vegetables  
 Toffee Apple Pudding 1Vg & Custard 7  
 Mr Nourish Biscuit 1Vg

**WEDNESDAY**  
 Roast Gammon & Gravy  
 Vegan Sausage Roll 1Vg  
 Cheesy Pasta Bows 1,7V  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Roast Potatoes  
 Seasonal Vegetables  
 Chocolate Crispy Cake 1,3,7,16  
 Yoghurt 3,7

**THURSDAY**  
 Macaroni Cheese 1,7V  
 Rice & Bean Burrito 1Vg  
 Pesto Penne 1,7V  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Potato Wedges  
 Seasonal Vegetables  
 Fruit Loaf 1,3,7,9  
 Yoghurt 3,7

**FRIDAY**  
 Salmon Fish Cake 1,7,8  
 Margherita Pizza 1,3,7,9V  
 Tomato Pasta 1Vg  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Chips, Peas,  
 Baked Beans  
 Jaffa Biscuit 1Vg  
 Yoghurt 3,7

**MONDAY**  
 Katsu Chicken Nugget 1  
 Sweet & Sour Vegetables Vg  
 Cheesy Pasta Bake 1,7V  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Rice  
 Seasonal Vegetables  
 Chocolate Whip 7  
 Mr Nourish Biscuit 1Vg

**TUESDAY**  
 Cheese & Onion Pinwheel 1,7,V  
 Spaghetti Vegetable Bolognese 1Vg  
 Pesto Pasta Bows 1,7V  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 New Potatoes  
 Seasonal Vegetables  
 Syrup Sponge 1Vg & Custard 7  
 Mr Nourish Biscuit 1Vg

**WEDNESDAY**  
 Roast Chicken & Gravy  
 Samosa Puff 1Vg  
 Tomato Spaghetti 1Vg  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Roast Potatoes  
 Seasonal Vegetables  
 Mr Nourish Biscuit 1Vg  
 Yoghurt 3,7

**THURSDAY**  
 Sweet Chilli Chicken Noodles 1,3,16  
 Potato & Vegetable Cake  
 with Tomato Sauce Vg  
 Cheesy Pasta 1,7V  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Garlic Bread 1,3,7,9  
 Seasonal Vegetables  
 Cinnamon Roll 1,3,7,9 Yoghurt 3,7

**FRIDAY**  
 Sausages 1,6  
 Quorn Sausage 1Vg  
 Roasted Veg & Tomato Pasta 1Vg  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Chips, Peas,  
 Baked Beans  
 Apple Flapjack 1,15 Vg  
 Yoghurt 3,7

**MONDAY**  
 Margherita Pizza 1,3,7,9V  
 Meatfree Meatballs in Tomato Sauce Vg  
 Pesto Penne 1,7V  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 New Potatoes  
 Seasonal Vegetables  
 Strawberry Mousse 7  
 Mr Nourish Biscuit 1Vg

**TUESDAY**  
 Chicken Curry  
 Cheese, Onion & Potato Pastie 1,7V  
 Tomato Spaghetti 1Vg  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Rice  
 Seasonal Vegetables  
 Banana Loaf 1Vg & Chocolate Custard 7  
 Mr Nourish Biscuit 1Vg

**WEDNESDAY**  
 Roast Pork & Gravy  
 Chinese Tofu Wrap 1,3,16Vg  
 Cheesy Pasta 1,7V  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Roast Potatoes  
 Seasonal Vegetables  
 Mr Nourish Biscuit 1Vg  
 Yoghurt 3,7

**THURSDAY**  
 Bolognese Penne 1  
 Cheesy Cajun Wedges 4,7V  
 Roasted Veg & Tomato Pasta 1Vg  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Seasonal Vegetables  
 Jam & Vanilla Cake 1Vg  
 Yoghurt 3,7

**FRIDAY**  
 Fish Fingers 1,8  
 Bruschetta 1,7V  
 Tomato Penne 1Vg  
 Jacket Potato with a  
 Choice of Toppings 7,8,9  
 Chips, Peas,  
 Baked Beans  
 Coconut Cookie 1,7Yoghurt 3,7

Also Offered Daily: Selection of Salads 9 Homemade Bread 1,3,7,9  
 Fruit Pots, Jelly, Milk

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 Celery/Celeryiac 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten



**EAT YOUR VEGGIES!**