

WEEKLY MENU

Weekly menu September & October 2021

Week 1
30th August
27th Sept

Week 2
6th Sept
4th Oct

Week 3
13th Sept
11th Oct

Week 4
20th Sept
18th Oct

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	SUGAR WISE SUGARWISE THURSDAY	FRIDAY
<p>Quorn Bolognese Twists 1,9 V Sweet Potato & Chick Pea Curry & Rice Vg Cheesy Fusilli 1,7 V Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Chocolate Mousse 7 Mr Nourish Biscuit 1</p>	<p>Sweet & Sour Chicken Cheese & Tomato Wrap Stack 1,7 V Tomato & Bean Penne 1 Vg Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Rice, Seasonal Vegetables Toffee Apple Pudding 1,9 & Custard 7 Mr Nourish Biscuit 1</p>	<p>Roast Gammon & Gravy Vegan Sausage Roll 1 Vg Broccoli & Cheese Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Roast Potatoes, Carrots & Cabbage</p> <p>Strawberry Cheesecake 1,3,7,9,15 Mr Nourish Biscuit 1</p>	<p>Cottage Pie Spanish Omelette 7,9V Tomato Pasta Bake 1,7V Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Fruit Loaf 1,3,7,9 Yoghurt 7</p>	<p>Fish Fingers 1,8 Baked Bean Burger in a Bun 1,5 Vg Pesto & Spinach Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Banana Bar 1,15 Yoghurt 7</p>
<p>Margherita Pizza 1,3,7,9 V Chick Pea Biryani Vg Pesto & Bean Fusilli 1,7V Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Jacket Wedges, Seasonal Vegetables Peach Crumble 1 & Custard 7 Mr Nourish Biscuit 1</p>	<p>Barbeque Pork with Rice Vegetable Stir Fry Noodles 1,3,9 V Tomato Bows 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Seasonal Vegetables</p> <p>Ice Cream 7 Mr Nourish Biscuit 1</p>	<p>Roast Turkey & Gravy Caribbean Pastie 1Vg Cheese & Spring Onion Pasta 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Roast Potatoes, Carrots & Cabbage</p> <p>Chocolate Brownie 1,9 Mr Nourish Biscuit 1</p>	<p>Penne Bolognese 1 Cauliflower & Potato Cheese 1,7V Tomato & Pea Pasta 1 Vg Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Yoghurt 7</p>	<p>Chicken Bites 1,7 Cheese & Spinach Pinwheel 1,7 V Cheesy Broccoli Penne 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Caramel Cookie 1,7 Yoghurt 7</p>
<p>Shepherdess Pie 9 V Vegetable Nuggets 1 Vg Tomato & Bean Pasta Bows 1 Vg Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Potato Wedges Seasonal Vegetables</p> <p>Sultana Cake 1,9 & Custard 7 Mr Nourish Biscuit 1</p>	<p>Chicken Pie 1 Butternut Squash & Tomato Risotto 1,7V Cheesy Fusilli 1,7V Jacket Potato with a Choice of Toppings 7,8,9</p> <p>New Potatoes Seasonal Vegetables</p> <p>Mandarins & Ice Cream 7 Mr Nourish Biscuit 1</p>	<p>Roast Pork & Gravy Roast Pepper Tart 1,7,9V Pesto & Pea Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Roast Potatoes, Carrots & Cabbage</p> <p>Mr Nourish Biscuit 1 Yoghurt 7</p>	<p>Beef & Potato Curry Falafel Wrap 1Vg Tomato & Herb Twists 1Vg Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Rice, Seasonal Vegetables</p> <p>Chocolate & Banana Whirl Bun 1,3,7,9 Yoghurt 7</p>	<p>Fish Fingers 1,8 Bruschetta 1,3,7 V Tomato & Chick Pea Penne 1 Vg Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Baked Beans</p> <p>Crispy Cake 7, 16 Yoghurt 7</p>
<p>Macaroni Cheese 1,7 V Rice & Bean Burrito 1Vg Tomato & Herb Fusilli 1Vg Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Baked Wedges, Seasonal Vegetables</p> <p>Chocolate Sponge 1,9 & Chocolate Sauce 7 Mr Nourish Biscuit 1</p>	<p>Sausages & Gravy 1,6 Quorn Sausage 1,7,9,16 V Cheesy Pesto Pasta Bake 1,7V Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Mashed Potatoes Seasonal Vegetables</p> <p>Yoghurt & Granola 6,7,15 Mr Nourish Biscuit 1</p>	<p>Roast Chicken & Gravy BBQ Pulled Jackfruit in a Bun 1,5 Vg Mediterranean Bows 1Vg Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Roast Potatoes Carrots & Cabbage</p> <p>Lemon Drizzle Cake 1,9 Mr Nourish Biscuit 1</p>	<p>Mild Mexican Mince with Rice 4 Vegetable Lasagne 1,7,9 V Cheese & Broccoli Twists 1,7 V Jacket Potato with a Choice of Toppings 7,8,9</p> <p>Rice, Seasonal Vegetables</p> <p>Yoghurt 7</p>	<p>Salmon Fish Cake 1,8 Margherita Pizza 1,3,7,9 V Tomato & Sweetcorn Penne 1 Vg</p> <p>Chips, Peas, Baked Beans</p> <p>Fruity Flapjack 1,15 Yoghurt 7</p>