

# 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**  
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  
Rice Pudding & Syrup 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

**TUESDAY**  
Beef Stew & Dumpling 1  
Pesto Pasta Bake 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
Herby Bread 1,3,7,9, Green Beans, Carrots  
Apple Crumble 1 VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

**WEDNESDAY**  
Roast Turkey & Gravy  
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

**THURSDAY**  
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

**FRIDAY**  
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

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

Mild Chilli 4  
Pesto & Pea Penne 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
Rice, Seasonal Vegetables  
Toffee Apple Pudding 1 VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Roast Chicken & Gravy  
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

Macaroni Cheese 1,7 V  
Rice & Bean Burrito 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Baked Wedges, Green Beans, Cauliflower  
Fruit Loaf 1,3,7,9  
Mr Nourish Biscuit 1 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

Katsu Chicken Nugget 1  
Cheesy Pasta Bake 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
Rice, Sweetcorn, Peppers  
Chocolate Whip 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Cheese & Onion Pinwheel 1,7 V  
Spaghetti Vegetable Bolognese 1 VG  
Jackets with a Choice of Toppings 7,8,9  
New Potatoes, Green Beans, Carrots  
Syrup Sponge 1 VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Savoury Mince & Yorkshire Puddings 1,7,9  
Samosa Puff 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes, Cabbage, Peas  
Fruit Jelly VG  
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  
Garlic Bread 1,3,7,9, Seasonal Vegetables  
Cinnamon Roll 1,3,7,9  
Mr Nourish 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

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

Chicken Curry  
Tomato Spaghetti 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Rice, Seasonal Vegetables  
Banana Loaf 1 VG & Chocolate Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Roast Chicken & Gravy  
Chinese Tofu wrap 1,3,16 VG  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes or Jollof Rice  
Green Beans, Carrots  
Ice Cream 7  
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  
Cauliflower, Broccoli  
Jam & Vanilla Cake 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

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

**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!**