

OCT 23 TO MAR 24

# CELEBRATING 20 YEARS

# WEEKLY MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1

30th Oct . 13th Nov

27th Nov . 11th Dec

8th Jan . 22nd Jan

5th Feb . 26th Feb

11th Mar . 25th Mar

Vegetable Lasagne <sup>1,3,4,7,9</sup> V  
Cauliflower & Chick Pea Curry <sup>VG</sup>  
Jackets with a Choice of Toppings <sup>7,8,9</sup>

Rice, Sweetcorn  
Peppers

Rice Pudding & Jam <sup>7</sup>  
Mr Nourish Biscuit <sup>1</sup>  
Fruit Pots

Chicken Stew & Dumpling <sup>1</sup>  
Pesto Pasta Bake <sup>1,7</sup> V  
Jackets with a Choice of Toppings <sup>7,8,9</sup>

Green Beans  
Carrots

Apple Crumble <sup>1</sup> & Custard <sup>7</sup>  
Mr Nourish Biscuit <sup>1</sup>  
Fruit Pots

Keema & Yorkshire Pudding <sup>1,7,9</sup>  
Lentil & Bean Loaf <sup>1</sup> VG  
Jackets with a Choice of Toppings <sup>7,8,9</sup>

Rustic Roast Potatoes, Cauliflower, Broccoli

Fruit Jelly  
Mr Nourish Biscuit <sup>1</sup>  
Yoghurt <sup>3,7</sup>  
Fruit Pots

Chicken Curry  
Falafel Wrap <sup>1</sup> VG  
Jackets with a Choice of Toppings <sup>7,8,9</sup>

Rice, Seasonal Vegetables

Chocolate Swirl <sup>1,7</sup>  
Mr Nourish Biscuit <sup>1</sup>  
Yoghurt <sup>3,7</sup>  
Fruit Pots

Fish Fingers <sup>1,8</sup>  
Cheesy Bean Slice <sup>1,7</sup> V  
Jackets with a Choice of Toppings <sup>7,8,9</sup>

Chips, Peas  
Baked Beans, Coleslaw <sup>9</sup>

Ginger Biscuit <sup>1,15</sup>  
Yoghurt <sup>3,7</sup>  
Fruit Pots

Week 2

6th Nov . 20th Nov

4th Dec . 1st Jan

15th Jan . 29th Jan

19th Feb . 4th Mar

18th Mar

Roast Pepper & Sweetcorn Pizza <sup>1,3,7,9</sup> V  
Vegetable Biryani <sup>VG</sup>  
Jackets with a Choice of Toppings <sup>7,8,9</sup>

Rainbow Pasta <sup>1</sup>  
Peas, Coleslaw

Strawberry Mousse <sup>7</sup>  
Mr Nourish Biscuit <sup>1</sup>  
Fruit Pots

Chicken Noodles <sup>1,3,16</sup>  
Vegetable Nuggets & Tomato Sauce <sup>1</sup> VG  
Jackets with a Choice of Toppings <sup>7,8,9</sup>

Baked Wedges  
Carrots, Green Beans

Toffee Apple Pudding <sup>1,9</sup> & Custard <sup>7</sup>  
Mr Nourish Biscuit <sup>1</sup>  
Fruit Pots

Roast Chicken & Gravy  
Cheese & Onion Pinwheel <sup>1,7</sup> V  
Jackets with a Choice of Toppings <sup>7,8,9</sup>

Rustic Roast Potatoes or Jollof Rice  
Cabbage, Sweetcorn

Sunshine Bar <sup>1,6,15,16</sup>  
Mr Nourish Biscuit <sup>1</sup>  
Fruit Pots, Yoghurt <sup>3,7</sup>

Bolognese Penne Pasta <sup>1</sup>  
Cheesy Cajun Wedges <sup>4,7</sup> V  
Jackets with a Choice of Toppings <sup>7,8,9</sup>

Seasonal Vegetables

Ice Cream <sup>7</sup>  
Mr Nourish Biscuit <sup>1</sup>  
Yoghurt <sup>3,7</sup>  
Fruit Pots

Sausages <sup>1,6</sup>  
Quorn Sausage <sup>1</sup> VG  
Jackets with a Choice of Toppings <sup>7,8,9</sup>

Chips, Peas  
Baked Beans, Roasted Onions

Jaffa Biscuit <sup>1</sup>  
Yoghurt <sup>3,7</sup>  
Fruit Pots

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

Allergen Accreditation

LOOK OUT FOR OUR THEMED DAYS!

Key: VG Vegan V Vegetarian

Available Daily: Selection of Salads 9, Homemade Bread <sup>1,3,7,9</sup>

Some of our schools may use pre-prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.