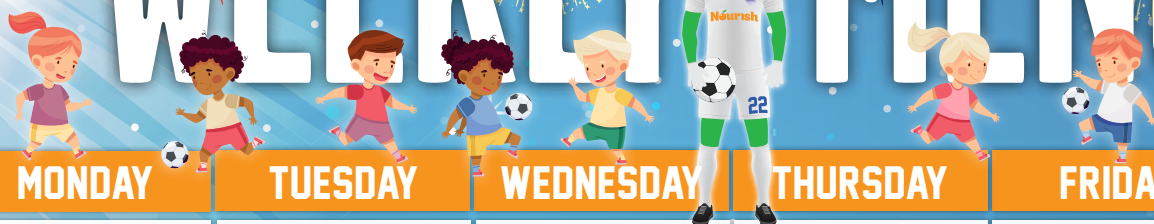


OCT 2022 TO
MAR 2023

WEEKLY MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Spaghetti Vegetable Bolognese 1 Vg Shepherdess Pie 3 Vg Jacket Potato with a Choice of Toppings 7,8,9 Sweetcorn Peppers Rice Pudding 7 Mr Nourish Biscuit 1 Fruit Pots	Chicken Curry Herby Tomato Pasta Twists 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Rice Seasonal Vegetables Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Minced Beef & Yorkshire Pudding 1,7,9 Boston Bean Stuffed Potato Skins 7 V Jacket Potato with a Choice of Toppings 7,8,9 Mashed Potatoes, Broccoli Diced Swede, Carrot Mandarin Drizzle Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Meatball Wrap 1 Cheese Penne 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Baked Wedges Sliced Carrots Green Beans Chocolate Swirls 1,7 Fruit Pots Yoghurt 7	Fish Cakes - Cod or Salmon 1,7,8 No Meat Burger in a Bun 1,4,5 Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Cucumber Sticks Ginger Biscuit 1,15 Fruit Pots Yoghurt 7
WEEK 2	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Sticky Chicken Stir Fry Noodles 1,3,9,16 Vegan Sausage Roll 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Mashed Potato, Carrots Green Beans Chocolate Orange Pot 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Pork & Gravy No Meat Mince Puff 1,3 Vg Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Cabbage, Sweetcorn Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Mild Mexican Chilli 4 Cheese & Spring Onion Pasta Bows 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Rice, Cauliflower Carrots Strawberry Shortbread 1 Fruit Pots Yoghurt 7	Fish Fingers 1,8 Margherita Pizza 1,3,7,9 V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Coleslaw 9 Crispy Oaty Bar 1,6,15,16 Fruit Pots, Yoghurt 7
WEEK 3	Quorn Sausage & Bean Burrito 1 Vg Cauliflower & Chick Pea Curry & Rice Vg Jacket Potato with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables Milkshake 7 Mr Nourish Biscuit 1 Fruit Pots	Beef Stew & Dumpling 1 Tomato & Herb Shells 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Cauliflower Peas Jam Sponge 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Gammon & Gravy Cheese & Onion Slice 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Diced Carrots, Cabbage Crispy Cake 7,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Chicken Pie 1 Cheesy Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 New Potatoes, Sweetcorn Broccoli Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Sausages 1,6 Vegan Hot Dog 1,5 Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Carrot Sticks Toffee Apple Flapjack 1,15 Fruit Pots Yoghurt 7
WEEK 4	Margherita Pizza 1,3,7,9 V Vegetable Paella Vg Jacket Potato with a Choice of Toppings 7,8,9 New Potatoes, Sweetcorn Peppers Strawberry Whip 7 Mr Nourish Biscuit 1 Fruit Pots	Cottage Pie Tomato Bows 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Cauliflower Peas Banana Loaf 1,9 & Chocolate Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Chicken & Gravy Meat Free Meatball Pasta 1,3 Vg Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli, Sliced Carrots Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Bolognese Shells 1 Cheesy Cajun Wedges 4,7 V Jacket Potato with a Choice of Toppings 7,8,9 Seasonal Vegetables Jam Puff 1,6 Fruit Pots Yoghurt 7	Chicken Bites 1,7 Bruschetta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas Coleslaw 9 Chocolate Cookie 1,15 Fruit Pots Yoghurt 7

REMEMBER... RECEPTION, YEAR 1 AND 2 ARE ENTITLED TO FREE SCHOOL MEALS. THIS EXCLUDES INDEPENDENT SCHOOLS.

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.

