

WEEKLY MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

31st October
28th November
9th January
6th February
13th March

Margherita Pizza 1,3,7,9
& Pasta 1
Jacket Potato
Cheese or Beans 7

Seasonal Vegetables
Salads, Bread 1,3,7,9

Lemon Cheesecake 1,7,15
Mr Nourish Biscuit 1
Fruit Pots

Pork Sausages 1,6
Quorn Sausages 1
Jacket Potato
Cheese or Beans 7

Mashed Potato
Seasonal Vegetables
Salads, Bread 1,3,7,9

Fruit Pots
Mr Nourish Biscuit 1
Yoghurt 7

ROAST DAY -
Savoury Mince Beef & Dumpling 1
Jacket Potato
Cheese or Beans 7

Roast Potatoes
Seasonal Vegetables
Salads, Bread 1,3,7,9

Fruit Pots
Mr Nourish Biscuit 1
Yoghurt 7

Chicken Curry
Vegetable Curry
Jacket Potato
Cheese or Beans 7

Rice
Salad, Bread 1,3,7,9

Jam Sponge 1,6,9
& Custard 7
Fruit Pots
Mr Nourish Biscuit 1

Fish Fingers 1,8
& Chips
Jacket Potato
Cheese/Beans/Tuna 7,8,9

Seasonal Vegetables
Salads, Bread 1,3,7,9

Ice Cream 7
Fruit Pots
Mr Nourish Biscuit 1

WEEK 2

7th November
5th December
16th January
20th February
20th March

Margherita Pizza 1,3,7,9
& Wedges
Jacket Potato
Cheese or Beans 7

Seasonal Vegetables
Salads, Bread 1,3,7,9

Apple Crumble 1 & Custard 7
Fruit Pot
Mr Nourish Biscuit 1

Pasta Bolognaise 1
Tuna Pasta 1,2,8
Jacket Potato
Cheese or Beans 7

Seasonal Vegetables
Salads, Bread 1,3,7,9

Fruit Pot
Mr Nourish Biscuit 1
Yoghurt 7

ROAST DAY - Gammon & Gravy
Jacket Potato
Cheese or Beans 7

Roast Potatoes
Seasonal Vegetables
Salads, Bread 1,3,7,9

Fruit Pot
Mr Nourish Biscuit 1
Yoghurt 7

Jollof Rice with Chicken
Jacket Potato
Cheese or Beans 7

Seasonal Vegetables
Salads, Bread 1,3,7,9

Jelly
Fruit Pot
Mr Nourish Biscuit 1
Yoghurt 7

Fish Fingers 1,8
or Salmon Fishcake 1,10
& Chips
Jacket Potato
Cheese/Beans/Tuna 7,8,9

Seasonal Vegetables
Salad, Bread 1,3,7,9

Chocolate Brownie 1,9
Fruit Pot
Mr Nourish Biscuit 1

WEEK 3

14th November
12th December
23rd January
27th February
27th March

Margherita Pizza 1,3,7,9
& Pasta 1
Jacket Potato
Cheese or Beans 7

Seasonal Vegetables
Salads, Bread 1,3,7,9

Lemon Sponge 1,9 & Custard 7
Fruit Pot
Mr Nourish Biscuit 1

Chicken Pie 1
Vegetable Pie 1,7
Jacket Potato
Cheese or Beans 7

Mashed Potato
Seasonal Vegetables
Salads, Bread 1,3,7,9

Fruit Pot
Mr Nourish Biscuit 1
Yoghurt 7

ROAST DAY - Pork & Gravy
Jacket Potato
Cheese or Beans 7

Roast Potatoes
Seasonal Vegetables
Salads, Bread 1,3,7,9

Fruit Pot
Mr Nourish Biscuit 1
Yoghurt 7

Sausage Roll & Savoury Rice
Jacket Potato
Cheese or Beans 7

Savoury Rice
Seasonal Vegetables
Salads, Bread 1,3,7,9

Crispy Cake 1,16
Fruit Pot
Mr Nourish Biscuit 1
Yoghurt 7

Fish Fingers 1,8
& Chips
Jacket Potato
Cheese/Beans/Tuna 7,8,9

Seasonal Vegetables
Salads, Bread 1,3,7,9

Ice Cream 7
Fruit Pot
Mr Nourish Biscuit 1

WEEK 4

21st November
2nd January
30th January
6th March

Margherita Pizza 1,3,7,9
& Savoury Rice
Jacket Potato
Cheese or Beans 7

Salad, Bread 1,3,7,9

Chocolate Cake 1,9
& Chocolate Sauce 7
Fruit Pot
Mr Nourish Biscuit 1

Pasta Bolognaise 1
Tuna Pasta 1,7,8
Jacket Potato
Cheese or Beans 7

Salad, Bread 1,3,7,9

Milkshake 7
Fruit Pot
Mr Nourish Biscuit 1

ROAST DAY - Chicken & Gravy
Jacket Potato
Cheese or Beans 7

Roast Potatoes
Seasonal Vegetables
Salads, Bread 1,3,7,9

Fruit Pot
Mr Nourish Biscuit 1
Yoghurt 7

Mince Beef Pie 1
Vegetable Pie 1,7
Jacket Potato
Cheese or Beans 7

Mashed Potato
Seasonal Vegetables
Salads, Bread 1,3,7,9

Jelly, Fruit Pot
Mr Nourish Biscuit 1
Yoghurt 7

Fish Fingers 1,8
& Chips
Jacket Potato
Cheese/Beans/Tuna 7,8,9

Seasonal Vegetables
Salads, Bread 1,3,7,9

Strawberry Mousse 7
Fruit Pot
Mr Nourish Biscuit 1

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 following allergen:

- 1: Wheat/Gluten
- 2: Crustaceans
- 3: Soybeans
- 4: Mustard
- 5: Sesame
- 6: Sulphites/Sulphur Dioxide
- 7: Milk
- 8: Fish
- 9: Egg
- 10: Peanuts
- 11: Molluscs
- 12: Celery/Celery
- 13: Nuts
- 14: Lupins
- 15: Barley/Gluten
- 16: Barley/Gluten

Key:
Vg Vegan
V Vegetarian

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

