## WEEKLY MENU contract catering Apr to Oct 2023

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

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Dishes mark
WEEK 1 17th April	Margherita Pizza 1.3.7.9 v Jackets Potatoes with Cheese or Beans 7	Sausages & Gravy 1.5 Quorn Sausages & Gravy 1 vg Jackets Potatoes	WRAP DAY Ham 1, Cheese 17 Tuna Mayonnaise 18.9 Pailed Fag 12	Sweet Chicken Curry Vegetable Curry vg Jackets Potatoes	Fish Fingers 1.8 Jackets Potatoes with Cheese, Beans or	with any of the followin numbers cont the matchin allergen:
15th May 19th June	Seasonal Vegetables Pasta	with Cheese or Beans 7 ——— Mashed Potato	Boiled Egg 1.9 Jackets Potatoes with Cheese or Beans 7	with Cheese or Beans 7 Rice	Tuna Mayonnaise 78.9 Chips, Peas	1 Wheat Glut 2 Crustacea
17th July		Peas	Rice	Jam Sponge 1,9 & Custard 7	Baked Beans	3 Soybear 4 Mustard
25th Sept 23rd Oct	Carrot Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots	Yoghurt 7 Mr Nourish Biscuit 1 Fruit Pots	Yoghurt 7 Mr Nourish Biscuit 1 Fruit Pots	Yoghurt Mr Nourish Biscuit 1 Fruit Pots	Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	5 Sesame 6 Sulphite Sulphur Diox 7 Milk
WEEK 2	Margherita Pizza 1,3,7,9 v Jackets Potatoes	Penne Bolognaise 1 Tuna Pasta 1.8	WRAP DAY Ham 1, Cheese 1,7	Chicken with Jollof Rice Chick Pea Jollof Rice vg	Fish Fingers 1,8 Salmon Fish Cakes 1,78	8 Fish 9 Egg
24th April	with Cheese or Beans 7	Jackets Potatoes with Cheese or Beans 7	Tuna Mayonnaise 1,8,9 Boiled Egg 1,9	Jackets Potatoes with Cheese or Beans 7	Jackets Potatoes with Cheese, Beans or	10 Peanut 11 Mollusc
22nd May	Jacket Wedges		Jackets Potatoes with Cheese or Beans 7	Seasonal Vegetables	Tuna Mayonnaise 7,8,9	12 Celeriac/C 13 Nuts
26th June	Seasonal Vegetables	Seasonal Vegetables	Rice	Fruit Jelly	Chips, Peas Baked Beans	14 Lupins
4th Sept	Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1	Yoghurt 7 Mr Nourish Biscuit 1	Yoghurt 7	Yoghurt 7	Brownie 1,9	15 Oat Glut 16 Barley Glu
2nd Oct	Fruit Pots	Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	
WEEK 3	Margherita Pizza 1,3,7,9 v	Chicken Nuggets 1	WRAP DAY Ham 1, Cheese 17	Beef & Onion Pie 1 Vegetable Pie 1 vg	Fish Fingers 1,8 Jackets Potatoes with	
1st May	Jackets Potatoes with Cheese or Beans 7	Vegetable Burger 1,7 v Jackets Potatoes with Cheese or Beans 7	Tuna Mayonnaise 1,8,9 Boiled Egg 1,9	Jackets Potatoes with Cheese or Beans 7	Cheese, Beans or Tuna Mayonnaise 7,8,9	ST JOHN FISH
5th June	Seasonal Vegetables	Jacket Wedges	Jackets Potatoes with Cheese or Beans 7	Mashed Potato	Chips, Peas	*
3rd July	Salad	Seasonal Vegetables	Rice	Seasonal Vegetables	Baked Beans	A
11th Sept	Lemon Sponge 1,9 & Custard 7 Mr Nourish Biscuit 1	Yoghurt 7	Yoghurt 7	Crispy Cake 3,7,16 Yoghurt 7	Ice Cream 7 Mr Nourish Biscuit 1	
9th Oct	Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Fruit Pots	
WEEK 4	Margherita Pizza 1,3,7,9 v Jackets Potatoes	Beefburger 1,3 Vegetable Burger 1,7 v	WRAP DAY Ham 1, Cheese 17	Pasta Bolognaise 1 Tuna Pasta 1,8	Fish Fingers 1.8 Salmon Fish Cakes 1.78	
8th May	with Cheese or Beans 7	Jackets Potatoes with Cheese or Beans 7	Tuna Mayonnaise 1,8,9 Boiled Egg 1,9	Jackets Potatoes	Jackets Potatoes with Cheese, Beans or Tuna Mayonnaise 78.9	
12th June	Seasonal Vegetables Savoury Rice	Jacket Wedges	Jackets Potatoes with Cheese or Beans 7	with Cheese or Beans 7	Chips, Peas, Baked Beans	
10th July	Chocolate Pudding 1,9	Seasonal Vegetables	Rice	Seasonal Vegetables	Strawberry Mousse 7	
18th Sept	& Chocolate Sauce 7	Fruit Jelly Yoghurt 7	Yoghurt 7	Milkshake 7 Mr Nourish Biscuit 1	Mr Nourish Biscuit 1 Fruit Pots	
16th Oct	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Fruit Pots	•	
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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.