



WEEKLY MENU

APRIL TO OCTOBER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Vegan Bolognese Twists 1,3 Vg Vegetable & Chick Pea Curry & Rice Vg Cheesy Fusilli 1,7 v	Sweet & Sour Chicken 12 Cheese & Tomato Stack Wrap 1,7 v Tomato & Bean Penne 1 vg	Roast Pork & Gravy Sweet Potato Pinwheel 1 Vg Broccoli & Cheese Pasta 1,7 v	Cottage Pie Spanish Omelette 7,9 v Tomato Pasta Bake 1,7 v	Fish Fingers 1,8 Baked Bean Burger in a Bun 1,5 Vg Pesto & Spinach Pasta Bake 1,7 v
18TH APRIL	Jacket Potatoes with a Choice of Toppings 7,8,9 Seasonal Vegetables	Jacket Potatoes with a Choice of Toppings 7,8,9 Rice, Broccoli, Diced Swede	Jacket Potatoes with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Carrots, Cabbage	Jacket Potatoes with a Choice of Toppings 7,8,9 Sweetcorn, Cauliflower	Jacket Potatoes with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Coleslaw 9
16TH MAY	Chocolate Mousse 7 Mr Nourish Biscuit 1 Fruit Pots	Lemon Cheesecake 1,7,9,15 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly, Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Banana Bar 1,15 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Fruit Pots, Fruit Jelly Yoghurt 7
20TH JUNE					
18TH JULY					
19TH SEPTEMBER					
17TH OCTOBER					
WEEK 2	Margherita Pizza 1,3,7,9 v Chick Pea Jambalaya Vg Pesto & Bean Fusilli 1,7 v	Barbeque Pork Vegetable Stir Fry Noodles 1,9,16 v Tomato Bows 1 vg	Roast Turkey & Gravy Caribbean Pastie 1 Vg Cheese & Spring Onion Pasta 1,7 v	Penne Bolognese 1 Cauliflower & Potato Cheese 1,7 v Tomato & Pea Pasta 1 vg	Chicken Bites 1,7 Cheese & Tomato Swirl 1,7 v Cheese & Broccoli Penne 1,7 v
25TH APRIL	Jacket Potatoes with a Choice of Toppings 7,8,9 Warm Pasta Salad 1 Sweetcorn, Peppers	Jacket Potatoes with a Choice of Toppings 7,8,9 Rice, Cauliflower, Peas	Jacket Potatoes with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli, Carrots	Jacket Potatoes with a Choice of Toppings 7,8,9 Seasonal Vegetables	Jacket Potatoes with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Carrot Sticks
23RD MAY	Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Peach Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Crispy Cake 7,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Caramel Cookie 1,7 Fruit Pots Yoghurt 7	Fruit Pots, Fruit Jelly Yoghurt 7
27TH JUNE					
29TH AUGUST					
26TH SEPTEMBER					
24TH OCTOBER					
WEEK 3	Shepherdess Pie 3 Vg Vegetable Sausages & Gravy 1,4,7,12 v Tomato & Bean Pasta Bows 1 vg	Chicken Pie 1 Butternut Squash & Tomato Risotto 1,7 v Cheesy Fusilli 1,7 v	Roast Gammon & Gravy Savoury Vegan Mince 3 Vg Pesto & Pea Pasta 1,7 v	Sweet Chicken Curry Falafel Wrap 1 Vg Tomato & Herb Twists 1 Vg	Fish Fingers 1,8 Stuffed Peppers 7 v Tomato & Chick Pea Penne 1 Vg
2ND MAY	Jacket Potatoes with a Choice of Toppings 7,8,9 Mashed Potato, Sweetcorn, Peppers	Jacket Potatoes with a Choice of Toppings 7,8,9 New Potatoes, Seasonal Vegetables	Jacket Potatoes with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli, Cauliflower	Jacket Potatoes with a Choice of Toppings 7,8,9 Rice, Sliced Carrots, Green Beans	Jacket Potatoes with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Cucumber Sticks
6TH JUNE	Mandarins & Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Sunny Cake 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Chocolate Brownie 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Fruit Pots, Fruit Jelly Yoghurt 7
4TH JULY					
5TH SEPTEMBER					
3RD OCTOBER					
WEEK 4	Macaroni Cheese 1,7 v Rice & Bean Burrito with Baked Wedges 1 Vg Tomato & Herb Fusilli 1 Vg	Sausages with Gravy 1,6 Vegan Sausage Roll 1 Vg Pesto & Pea Pasta 1,7 v	Roast Chicken & Gravy Meatfree Meatballs 3 Vg Mediterranean Bows 1 vg	Mild Mexican Mince 4 Vegetable Lasagne 1,7,9 v Cheese & Broccoli Twists 1,7 v	Salmon Fish Cake 1,8 Margherita Pizza 1,3,7,9 v Tomato & Sweetcorn Penne 1 vg
9TH MAY	Jacket Potatoes with a Choice of Toppings 7,8,9 Green Beans, Sliced Carrots	Jacket Potatoes with a Choice of Toppings 7,8,9 Mashed Potato Cabbage, Baked Beans	Jacket Potatoes with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Seasonal Vegetables	Jacket Potatoes with a Choice of Toppings 7,8,9 Rice, Cauliflower, Green Beans	Jacket Potatoes with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Coleslaw 9
13TH JUNE	Yoghurt, Mandarin & Honey 7 Mr Nourish Biscuit 1 Fruit Pots	Chocolate Sponge 1,9 & Chocolate Sauce 7 Mr Nourish Biscuit 1 Fruit Pots	Lemon Drizzle Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Fruity Flapjack 1,15 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Fruit Pots Fruit Jelly, Yoghurt 7
11TH JULY					
12TH SEPTEMBER					
10TH OCTOBER					

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.

