

WEEKLY MENU

OCT 2022 TO
MAR 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Spaghetti Vegetable Bolognese 1 Vg Shepherdess Pie 3 Vg Cheesy Fusilli 1.7 V Jacket Potato with a Choice of Toppings 7,8,9	Chicken Curry Butternut Squash Dahl Vg Herby Tomato Pasta Twists 1 Vg Jacket Potato with a Choice of Toppings 7,8,9	Minced Beef & Yorkshire Pudding 1,7,9 Boston Bean Stuffed Potato Skins 7 V Pesto & Pea Pasta 1.7 V Jacket Potato with a Choice of Toppings 7,8,9	Meatball Wrap 1 Vegetable Nuggets & Tomato Sauce 1 Vg Cheese Penne 1.7 V Jacket Potato with a Choice of Toppings 7,8,9	Fish Cakes - Cod or Salmon 1,7,8 No Meat Burger in a Bun 1,4,5 Vg Tomato & Chick Pea Penne 1 Vg Jacket Potato with a Choice of Toppings 7,8,9
31st October					
28th November					
9th January	Sweetcorn Peppers	Rice Seasonal Vegetables	Mashed Potatoes, Broccoli Diced Swede, Carrot	Baked Wedges Sliced Carrots Green Beans	Chips, Baked Beans Peas, Cucumber Sticks
6th February	Rice Pudding 7 Mr Nourish Biscuit 1 Fruit Pots	Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Mandarin Drizzle Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Chocolate Swirls 1,7 Fruit Pots, Yoghurt 7	Ginger Biscuit 1,15 Fruit Pots Yoghurt 7
13th March					
WEEK 2	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 Vg Tomato & Herb Fusilli 1 Vg Jacket Potato with a Choice of Toppings 7,8,9	Sticky Chicken Stir Fry Noodles 1,3,9,16 Vegan Sausage Roll 1 Vg Pesto & Pea Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9	Roast Pork & Gravy No Meat Mince Puff 1,3 Vg Mediterranean Pasta Twists 1 Vg Jacket Potato with a Choice of Toppings 7,8,9	Mild Mexican Chilli 4 Roast Vegetables Ratatouille Vg Cheese & Spring Onion Pasta Bows 1,7 V Jacket Potato with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Margherita Pizza 1,3,7,9 V Pesto & Spinach Pasta Bake 1,7 V Jacket Potato with a Choice of Toppings 7,8,9
7th November					
5th December					
16th January	Baked Wedges Seasonal Vegetables	Mashed Potato, Carrots Green Beans	Rustic Roast Potatoes Cabbage, Sweetcorn	Rice, Cauliflower Carrots	Chips, Baked Beans Peas, Coleslaw 9
20th February	Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Chocolate Orange Pot 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Strawberry Shortbread 1 Fruit Pots Yoghurt 7	Crispy Oaty Bar 1,6,15,16 Fruit Pots, Yoghurt 7
20th March					
WEEK 3	Quorn Sausage & Bean Burrito 1 Vg Cauliflower & Chick Pea Curry & Rice Vg Tomato & Bean Pasta Bows 1 Vg Jacket Potato with a Choice of Toppings 7,8,9	Beef Stew & Dumpling 1 Country Stew & Dumpling 1 Vg Cheese & Tomato Pasta Bake 1,7 V Jacket Potato with a Choice of Toppings 7,8,9	Roast Gammon & Gravy Cheese & Onion Slice 1,7 V Tomato & Herb Shells 1 Vg Jacket Potato with a Choice of Toppings 7,8,9	Chicken Pie 1 Loaded Flatbread 1,7 V Cheesy Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9	Sausages 1,6 Vegan Hot Dog 1,5 Vg Tomato & Sweetcorn Penne 1 Vg Jacket Potato with a Choice of Toppings 7,8,9
14th November					
12th December					
23rd January	Baked Wedges Seasonal Vegetables	Cauliflower Peas	Rustic Roast Potatoes Diced Carrots, Cabbage	New Potatoes, Sweetcorn Broccoli	Chips, Baked Beans Peas, Carrot Sticks
27th February	Milkshake 7 Mr Nourish Biscuit 1 Fruit Pots	Jam Sponge 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Crispy Cake 7,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Toffee Apple Flapjack 1,15 Fruit Pots Yoghurt 7
27th March					
WEEK 4	Margherita Pizza 1,3,7,9 V Vegetable Paella Vg Pesto & Bean Fusilli 1,7 V Jacket Potato with a Choice of Toppings 7,8,9	Cottage Pie Quorn Sausage with Mash 1 Vg Tomato Bows 1 Vg Jacket Potato with a Choice of Toppings 7,8,9	Roast Chicken & Gravy Meat Free Meatball Pasta 1,3 Vg Cheese & Spring Onion Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9	Bolognese Shells 1 Cheesy Cajun Wedges 4,7 V Tomato & Pea Pasta 1 Vg Jacket Potato with a Choice of Toppings 7,8,9	Chicken Bites 1,7 Bruschetta 1,7 V Cheese & Broccoli Penne 1,7 Jacket Potato with a Choice of Toppings 7,8,9
21st November					
2nd January	New Potatoes, Sweetcorn Peppers	Cauliflower Peas	Rustic Roast Potatoes Broccoli, Sliced Carrots	Seasonal Vegetables	Chips, Baked Beans Peas Coleslaw 9
30th January	Strawberry Whip 7 Mr Nourish Biscuit 1 Fruit Pots	Banana Loaf 1,9 & Chocolate Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Jam Puff 1,6 Fruit Pots Yoghurt 7	Chocolate Cookie 1,15 Fruit Pots, Yoghurt 7
6th March					

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 Celery/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.

