

# WEEKLY MENU

LOOK OUT FOR OUR THEMED DAYS!

**WEEK ONE**  
6TH JANUARY  
3RD FEBRUARY  
10TH MARCH

**WEEK TWO**  
13TH JANUARY  
10TH FEBRUARY  
17TH MARCH

**WEEK THREE**  
20TH JANUARY  
24TH FEBRUARY  
24TH MARCH

**WEEK FOUR**  
27TH JANUARY  
3RD MARCH  
31ST MARCH

**MONDAY**  
Cheese & Bean Lasagne 1,3,4,7,9 V  
Sweet Potato & Chick Pea Curry VG  
Herby Tomato Pasta Bows 1VG  
Rice, Sweetcorn, Peppers  
Rice Pudding & Syrup 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Chicken & Sweetcorn Pie 1  
Sweet Potato & Bean Pie VG  
Herby Tomato Pasta Twists 1VG  
New Potatoes, Carrots, Peas  
Ice Cream 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Katsu Chicken Nugget 1  
Cheesy Pasta Bake 1,7V  
Jackets with a Choice of Toppings 7,8,9  
Rice, Sweetcorn, Peppers  
Chocolate Whip 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Margherita Pizza 1,3,7,9 V  
Meatfree Meatballs in Tomato Sauce VG  
Jackets with a Choice of Toppings 7,8,9  
Rainbow Pasta 1VG, Sweetcorn, Peppers  
Strawberry Mousse 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

**TUESDAY**  
Beef Stew & Dumpling 1  
Pesto Pasta Bake 1,7V  
Jackets with a Choice of Toppings 7,8,9  
Herby Bread 1,3,7,9, Green Beans, Carrots  
Apple Crumble 1VG & Custard 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Mild Chilli Beef 4  
Pesto & Pea Penne 1,7V  
Jackets with a Choice of Toppings 7,8,9  
Rice/Seasonal Vegetables  
Toffee Apple Pudding 1VG & Custard 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Cheese & Onion Pinwheel 1,7V  
Spaghetti Vegetable Bolognese 1VG  
Pesto & Pea Penne 1,7V  
New Potatoes, Green Beans, Carrots  
Syrup Sponge 1VG & Custard 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Chicken Curry  
Tomato Spaghetti 1VG  
Cheesy Pasta Twists 1,7V  
Rice, Seasonal Vegetables  
Banana Loaf 1VG & Chocolate Custard 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

**WEDNESDAY**  
Roast Gammon & Gravy  
Falafel Burger 1,5,VG  
Cheesy Pasta Twists 1,7V  
Rustic Roast Potatoes  
Cauliflower, Broccoli  
Fruit Jelly VG  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Roast Chicken & Gravy  
Vegan Sausage Roll 1VG  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes  
Cabbage, Sweetcorn  
Chocolate Crispy Cake 1,3,7,16  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Savoury Beef & Yorkshire Puddings 1,7,9  
Samosa Puff 1VG  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes, Cabbage, Peas  
Fruit Jelly VG  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Roast Pork & Gravy  
Chinese Tofu Wrap 1,3,16 VG  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes  
Green Beans, Carrots  
Ice Cream 7  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

**THURSDAY**  
Chicken Arrabiatta Pasta 1  
Biryani Balls in a Curry Sauce 1,5 VG  
Jackets with a Choice of Toppings 7,8,9  
Seasonal Vegetables  
Chocolate & Vanilla Cake 1,7  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Macaroni Cheese 1,7V  
Rice & Bean Burrito 1VG  
Jackets with a Choice of Toppings 7,8,9  
Baked Wedges  
Green Beans, Cauliflower  
Fruit Loaf 1,3,7,9  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Sweet Chilli Chicken Noodles 1,3,16  
Potato & Vegetable Cake with Tomato Sauce VG  
Macaroni Cheese 1,7V  
Garlic Bread 1,3,7,9, Seasonal Vegetables  
Cinnamon Roll 1,3,7,9  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Beef Bolognese Penne Pasta 1  
Cheesy Cajun Wedges 4,7V  
Tomato & Sweetcorn Penne 1VG  
Cauliflower, Broccoli  
Jam & Vanilla Cake 1VG  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

**FRIDAY**  
Fish Fingers 1,8  
Cheese & Tomato Puff 1,7V  
Mushroom Carbonara Spaghetti 1,7V  
Chips, Peas, Baked Beans, Coleslaw 9  
Ginger Biscuit 1,15 VG  
Yoghurt 3,7  
Fruit Pots VG

Salmon Fish Cake 1,7,8  
Margherita Pizza 1,3,7,9 V  
Herby Tomato Pasta Twists 1VG  
Chips, Peas, Baked Beans, Carrot Sticks  
Jaffa Biscuit 1VG  
Yoghurt 3,7  
Fruit Pots VG

Sausages 1,6  
Quorn Sausage 1VG  
Jackets with a Choice of Toppings 7,8,9  
Chips, Peas  
Baked Beans, Roasted Onions  
Apple Flapjack 1,15 VG  
Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8  
Bruschetta 1,7V  
Jackets with a Choice of Toppings 7,8,9  
Chips, Peas, Baked Beans, Coleslaw 9  
Coconut Cookie 1,7  
Yoghurt 3,7  
Fruit Pots VG

**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.

VG Vegan V Vegetarian  
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



**EAT YOUR VEGGIES!**