

OCT 2022 TO  
MAR 2023

# WEEKLY MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Spaghetti Vegetable Bolognese 1.19 Shepherdess Pie 1.19 Cheesy Fusilli 1.79 Jacket Potato with a Choice of Toppings 2.89 Sweetcorn Peppers Fruit Pots Yoghurt 7	Chicken Curry Butternut Squash Dahl 1.19 Herby Tomato Pasta Twists 1.19 Jacket Potato with a Choice of Toppings 2.89 Rice Seasonal Vegetables Cheese & Biscuits 1.7 Fruit Pots	Minced Beef & Yorkshire Pudding 1.79 Boston Bean Stuffed Potato Skins 2.79 Pesto & Pea Pasta 1.79 Jacket Potato with a Choice of Toppings 2.89 Mashed Potatoes, Broccoli Diced Swede, Carrot Fruit Pots Yoghurt 7	Meatball Wrap 1 Vegetable Nuggets & Tomato Sauce 1.19 Cheese Penne 1.79 Jacket Potato with a Choice of Toppings 2.89 Baked Wedges, Sliced Carrots Green Beans Cheese & Biscuits 1.7 Fruit Pots	Fish Cakes - Cod or Salmon 1.79 No Meat Burger in a Bun 1.45 1.99 Tomato & Chick Pea Penne 1.19 Jacket Potato with a Choice of Toppings 2.89 Chips, Baked Beans Peas, Cucumber Sticks Ginger Biscuit 1.15 Fruit Pots Yoghurt 7
<b>WEEK 2</b>	Macaroni Cheese 1.79 Rice & Bean Burrito 1.19 1.49 Tomato & Herb Fusilli 1.19 Jacket Potato with a Choice of Toppings 2.89 Baked Wedges Seasonal Vegetables Fruit Pots Yoghurt 7	Sticky Chicken Stir Fry Noodles 1.29 1.16 Vegan Sausage Roll 1.19 Pesto & Pea Pasta 1.79 Jacket Potato with a Choice of Toppings 2.89 Mashed Potato, Carrots Green Beans Cheese & Biscuits 1.7 Fruit Pots	Roast Chicken Drumstick No Meat Mince Puff 1.3 1.19 Mediterranean Pasta Twists 1.19 Jacket Potato with a Choice of Toppings 2.89 Rustic Roast Potatoes or Jollof Rice Cabbage, Sweetcorn Fruit Pots Yoghurt 7	Mild Mexican Chilli 4 Roast Vegetables Ratatouille 1.19 Cheese & Spring Onion Pasta Bows 1.79 Jacket Potato with a Choice of Toppings 2.89 Rice, Cauliflower Carrots Cheese & Biscuits 1.7 Fruit Pots	Fish Fingers 1.8 Margherita Pizza 1.329 9 Pesto & Spinach Pasta Bake 1.79 Jacket Potato with a Choice of Toppings 2.89 Chips, Baked Beans Peas, Coleslaw 9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7
<b>WEEK 3</b>	Quorn Sausage & Bean Burrito 1.19 Cauliflower & Chick Pea Curry & Rice 1.19 Tomato & Bean Pasta Bows 1.19 Jacket Potato with a Choice of Toppings 2.89 Baked Wedges Seasonal Vegetables Fruit Pots Yoghurt 7	Beef Stew & Dumpling 1 Country Stew & Dumpling 1.19 Cheese & Tomato Pasta Bake 1.79 Jacket Potato with a Choice of Toppings 2.89 Cauliflower Peas Cheese & Biscuits 1.7 Fruit Pots	Roast Turkey & Gravy Cheese & Onion Slice 1.7 1.19 Tomato & Herb Shells 1.19 Jacket Potato with a Choice of Toppings 2.89 Rustic Roast Potatoes or Jollof Rice Diced Carrots, Cabbage Fruit Pots Yoghurt 7	Chicken Pie 1 Loaded Flatbread 1.7 1.19 Cheesy Pasta 1.7 1.19 Jacket Potato with a Choice of Toppings 2.89 New Potatoes, Sweetcorn Broccoli Cheese & Biscuits 1.7 Fruit Pots	Sausages 1.5 Vegan Hot Dog 1.5 1.19 Tomato & Sweetcorn Penne 1.19 Jacket Potato with a Choice of Toppings 2.89 Chips, Baked Beans Peas, Carrot Sticks Toffee Apple Flapjack 1.15 Fruit Pots Yoghurt 7
<b>WEEK 4</b>	Margherita Pizza 1.329 9 Vegetable Paella 1.19 Pesto & Bean Fusilli 1.79 Jacket Potato with a Choice of Toppings 2.89 New Potatoes, Sweetcorn Peppers Fruit Pots Yoghurt 7	Cottage Pie Quorn Sausage with Mash 1.19 Tomato Bows 1.19 Jacket Potato with a Choice of Toppings 2.89 Cauliflower Peas Cheese & Biscuits 1.7 Fruit Pots	Roast Chicken & Gravy Meat Free Meatball Pasta 1.3 1.19 Cheese & Spring Onion Pasta 1.7 1.19 Jacket Potato with a Choice of Toppings 2.89 Rustic Roast Potatoes or Jollof Rice Broccoli, Sliced Carrots Fruit Pots Yoghurt 7	Bolognese Shells 1 Cheesy Cajun Wedges 1.7 1.19 Tomato & Pea Pasta 1.19 Jacket Potato with a Choice of Toppings 2.89 Seasonal Vegetables Cheese & Biscuits 1.7 Fruit Pots	Chicken Bites 1.7 Bruschetta 1.7 1.19 Cheese & Broccoli Penne 1.7 Jacket Potato with a Choice of Toppings 2.89 Chips, Baked Beans Peas Coleslaw 1 Chocolate Cookie 1.15 Fruit Pots, Yoghurt 7

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 Barley/Gluten 16 Barley/Gluten

Key: Available Daily: Selection of Salads 9, Homemade Bread 1,3,7,9

Vg Vegan Some of our schools may use pre-prepped potatoes or vegetables on occasions.

V Vegetarian These may contain sulphites and celeriac. Please discuss with your manager.

