



	 MONDAY	TUESDAY	WEDNESDAY	 THURSDAY	FRIDAY
WEEK 1	<p>Quorn Bolognese Twists ^{1.5 V}</p> <p>Sweet Potato & Chick Pea Curry & Rice ^{Vg}</p> <p>Cheesy Fusilli ^{1.7 V}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Green Beans</p> <p>Sliced Carrots</p> <p>Fruit Pots, Yoghurt ⁷</p>	<p>Sweet & Sour Chicken</p> <p>Cheese & Tomato Wrap Stack ^{1.7 V}</p> <p>Tomato & Bean Penne ^{1 Vg}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Rice</p> <p>Seasonal Vegetables</p> <p>Cheese & Biscuit ^{1.7}</p> <p>Fruit Pots</p>	<p>Roast Turkey & Gravy</p> <p>Vegan Sausage Roll ^{1 Vg}</p> <p>Broccoli & Cheese Pasta ^{1.7 V}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Rustic Roast Potatoes or Jollof Rice</p> <p>Diced Carrots, Cabbage</p> <p>Fruit Pots, Yoghurt ⁷</p>	<p>Cottage Pie</p> <p>Spanish Omelette ^{79 V}</p> <p>Tomato Pasta Bake ^{1.7 V}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Sweetcorn</p> <p>Cauliflower</p> <p>Fruit Pots</p> <p>Yoghurt ⁷</p>	<p>Fish Fingers ^{1.8}</p> <p>Baked Bean Burger in a Bun ^{1.5 Vg}</p> <p>Pesto & Spinach Pasta Bake ^{1.7 V}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Chips, Baked Beans</p> <p>Peas, Coleslaw ⁹</p> <p>Mr Nourish Biscuit ¹</p> <p>Fruit Pots, Yoghurt ⁷</p>
WEEK 2	<p>Margherita Pizza ^{1.3, 2.9 V}</p> <p>Chick Pea Biryani ^{Vg}</p> <p>Pesto & Bean Fusilli ^{1.7 V}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Jacket Wedges, Sweetcorn</p> <p>Peppers</p> <p>Fruit Pots, Yoghurt ⁷</p>	<p>Barbeque Chicken</p> <p>Vegetable Stir Fry Noodles ^{1.3, 9, 16 V}</p> <p>Tomato Bows ^{1 Vg}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Rice, Cauliflower</p> <p>Peas</p> <p>Cheese & Biscuit ^{1.7}</p> <p>Fruit Pots</p>	<p>Roast Chicken & Gravy</p> <p>Caribbean Pastie ^{1 Vg}</p> <p>Cheese & Spring Onion Pasta ^{1.7 V}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Mashed Potatoes or Jollof Rice</p> <p>Broccoli</p> <p>Sliced Carrots</p> <p>Fruit Pots, Yoghurt ⁷</p>	<p>Penne Bolognese ¹</p> <p>Cauliflower & Potato Cheese ^{1.7 V}</p> <p>Tomato & Pea Pasta ^{1 Vg}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Seasonal Vegetables</p> <p>Fruit Pots</p> <p>Yoghurt ⁷</p>	<p>Salmon Fish Cake or Fish Fingers ^{1.8}</p> <p>Cheese & Spinach Pinwheel ^{1.7 V}</p> <p>Cheese & Broccoli Penne ^{1.7}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Chips, Baked Beans</p> <p>Peas, Carrot Sticks</p> <p>Caramel Cookie ^{1.7}</p> <p>Fruit Pots, Yoghurt ⁷</p>
WEEK 3	<p>Shepherdess Pie ^{9 V}</p> <p>Vegetable Nuggets ^{1 Vg}</p> <p>Tomato & Bean Pasta Bows ^{1 Vg}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Baked Wedges</p> <p>Sweetcorn</p> <p>Peppers</p> <p>Fruit Pots, Yoghurt ⁷</p>	<p>Chicken Pie ¹</p> <p>Butternut Squash & Tomato Risotto ^{1.7 V}</p> <p>Cheesy Fusilli ^{1.7 V}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>New Potatoes</p> <p>Seasonal Vegetables</p> <p>Cheese & Biscuit ^{1.7}</p> <p>Fruit Pots</p>	<p>Minced Beef & Yorkshire Pudding ^{1.9}</p> <p>Roast Pepper Tart ^{1.2, 9 V}</p> <p>Pesto & Pea Pasta ^{1.7 V}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Rustic Roast Potatoes</p> <p>Broccoli</p> <p>Diced Swede</p> <p>Fruit Pots, Yoghurt ⁷</p>	<p>Beef & Potato Curry</p> <p>Falafel Wrap ^{1.7 Vg}</p> <p>Tomato & Herb Twists ^{1 Vg}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Rice, Sliced Carrots</p> <p>Green Beans</p> <p>Fruit Pots, Yoghurt ⁷</p>	<p>Fish Fingers ^{1.8}</p> <p>Bruschetta ^{1.3, 7 V}</p> <p>Tomato & Chick Pea Penne ^{1 Vg}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Chips, Baked Beans</p> <p>Peas, Cucumber Sticks</p> <p>Crispy Cake ^{7, 16}</p> <p>Fruit Pots, Yoghurt ⁷</p>
WEEK 4	<p>Macaroni Cheese ^{1.7 V}</p> <p>Rice & Bean Burrito ^{1 Vg}</p> <p>Tomato & Herb Fusilli ^{1 Vg}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Baked Wedges</p> <p>Green Beans</p> <p>Sliced Carrots</p> <p>Fruit Pots, Yoghurt ⁷</p>	<p>Sausages with Gravy ^{1.6}</p> <p>Quorn Sausage ^{1.2, 9, 16 V}</p> <p>Pesto & Pea Pasta ^{1.7 V}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Mashed Potato, Cabbage</p> <p>Baked Beans</p> <p>Cheese & Biscuit ^{1.7}</p> <p>Fruit Pots</p>	<p>Roast Chicken & Gravy</p> <p>BBQ Pulled Jackfruit in a Bun ^{1.5 Vg}</p> <p>Mediterranean Bows ^{1 Vg}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Rustic Roast Potatoes</p> <p>Seasonal Vegetables</p> <p>Fruit Pots</p> <p>Yoghurt ⁷</p>	<p>Mild Mexican Mince ⁴</p> <p>Vegetable Lasagne ^{1.2, 9 V}</p> <p>Cheese & Broccoli Twists ^{1.7 V}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Rice, Cauliflower</p> <p>Carrots</p> <p>Fruit Pots</p> <p>Yoghurt ⁷</p>	<p>Salmon Parcels ^{1.8}</p> <p>Margherita Pizza ^{1.3, 2.9 V}</p> <p>Tomato & Sweetcorn Penne ^{1 Vg}</p> <p>Jacket Potatoes with a Choice of Toppings ^{78.9}</p> <p>Chips, Baked Beans</p> <p>Peas, Coleslaw ⁹</p> <p>Flapjack ^{1, 15}</p> <p>Fruit Pots, Yoghurt ⁷</p>

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.

REMEMBER...
Reception, Year 1 and 2
are entitled to free school meals.
This excludes independent schools.

Allergen
Accreditation

