

# WEEKLY MENU



MONDAY

TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

## WEEK 1

- 31st Aug
- 28th Sept
- 2nd Nov
- 30th Nov
- 11th Jan
- 8th Feb

Panini Bake <sup>1,2</sup>  
 Shepherdess Pie <sup>7,9</sup>  
 Tomato & Bean Pasta Bows <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 New Potatoes, Sweetcorn  
**Carrot Sticks**  
 Peaches & Custard <sup>7</sup>  
 Mr Nourish Orange Biscuit <sup>1</sup>  
 Fruit Pots

Chicken Pie <sup>1</sup>  
 Roast Vegetables & Houmous Pitta <sup>1,9</sup>  
 Cheese, Tomato & Herb Penne <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 New Potatoes  
 Seasonal Vegetables  
 Ice Cream <sup>7</sup>  
 Mr Nourish Orange Biscuit <sup>1</sup>  
 Fruit Pots

Roast Pork & Gravy  
 Falafel Balls in Tomato Sauce <sup>7,9</sup>  
 Pesto & Pea Pasta <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Rustic Roast Potatoes, Broccoli  
**Diced Carrots**  
 Mandarin Drizzle Cake <sup>1,5</sup>  
 Mr Nourish Orange Biscuit <sup>1</sup>  
 Fruit Pots & Yoghurt <sup>7</sup>

Chicken & Coconut Curry <sup>6</sup>  
 Sweet Potato Dahl <sup>1,9</sup>  
 Cheesy Fusilli <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Rice  
**Sliced Carrots**  
 Green Beans  
 Chocolate Twist <sup>1,7</sup>  
 Fruit Pots & Yoghurt <sup>7</sup>

Fish Fingers <sup>1,9</sup>  
 or Salmon Fish Cake <sup>1,8</sup>  
 Bean & Beet Burger <sup>1,9</sup>  
 Tomato & Chick Pea Penne <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Chips, **Carrot** Coleslaw <sup>5</sup>  
 Peas  
 Apricot Cookie <sup>1,8,15</sup>  
 Fruit Pots & Yoghurt <sup>7</sup>

## WEEK 2

- 7th Sept
- 5th Oct
- 9th Nov
- 7th Dec
- 10th Jan

Macaroni Cheese <sup>1,7,9</sup>  
 Rice & Bean Burrito <sup>1,9</sup>  
 Tomato & Herb Fusilli <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Garlic Bread <sup>1,3,7,9</sup>  
 Runner Beans, **Sliced Carrots**  
 Ice Cream <sup>7</sup>  
 Mr Nourish Shortbread <sup>1</sup>  
 Fruit Pots

Homemade Sausage Roll <sup>1,6</sup>  
 Quorn Sausage <sup>1,2,3,14,9</sup>  
 Pesto & Pea Pasta <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Mashed Potato, Cauliflower  
**Carrots, Baked Beans**  
 Banana & Chocolate Custard <sup>7</sup>  
 Mr Nourish Shortbread <sup>1</sup>  
 Fruit Pots

Roast Chicken & Gravy  
 Roast Pepper & Beanie Parcel <sup>1,16</sup>  
 Mediterranean Bows <sup>1,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Rustic Roast Potatoes  
 Seasonal Vegetables  
 Crispie Cake <sup>7,16</sup>  
 Mr Nourish Shortbread <sup>1</sup>  
 Fruit Pots & Yoghurt <sup>7</sup>

Mild Mexican Mince <sup>4</sup>  
 Vegan Quorn Nuggets with Tomato Sauce <sup>1,16</sup>  
 Cheese & Spring Onion Penne <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Rice, Broccoli, **Carrots**  
 Honeydew Melon,  
 Apple & Orange Pots  
 Yoghurt <sup>7</sup>

Pizza Bar -  
 Meat Feast <sup>1,3,7,9</sup>  
 Margherita <sup>1,3,7,9</sup>  
 Tomato & Sweetcorn Twists <sup>1,15</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Chips, Peas  
**Carrot** Coleslaw <sup>5</sup>  
 Fruity Flapjack <sup>1,15</sup>  
 Fruit Pots & Yoghurt <sup>7</sup>

## WEEK 3

- 14th Sept
- 12th Oct
- 16th Nov
- 14th Dec
- 25th Jan

Savoury Quorn & Vegetable Mince with Yorkshire Pudding <sup>1,3,5,7,9</sup>  
 Vegan Sausage Roll <sup>1,16,7,9</sup>  
 Cheesy Fusilli <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Mashed Potato, Baked Beans  
 Green Beans, **Carrots**  
 Wholemeal Tomato Bread <sup>1,3,7,9</sup>  
 Ice Cream <sup>7</sup>  
 Mr Nourish Orange Biscuit <sup>1</sup>  
 Fruit Pots

Chicken Stew & Dumpling <sup>1</sup>  
 Cheese & Onion Tortilla Stack <sup>1,7,9</sup>  
 Tomato & Bean Penne <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Sweetcorn  
**Carrot Sticks**  
 Chocolate Rice Pudding <sup>7</sup>  
 Mr Nourish Orange Biscuit <sup>1</sup>  
 Fruit Pots

Roast Gammon & Gravy  
 Chick Pea & Vegetable Leaf <sup>3,9</sup>  
 Broccoli & Cheese Pasta <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Mashed Potatoes  
**Diced Carrots, Cabbage**  
 Fruit Jelly  
 Mr Nourish Orange Biscuit <sup>1</sup>  
 Fruit Pots & Yoghurt <sup>7</sup>

Minced Beef Pie <sup>1</sup>  
 Chilli Bean Bake <sup>7,9</sup>  
 Tomato Pasta Bake <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 New Potatoes  
 Seasonal Vegetables  
 Fruit Loaf <sup>1,3,7,9</sup>  
 Fruit Pots & Yoghurt <sup>7</sup>

Fish Fingers <sup>1,8</sup>  
 Roasted Vegetable Frittata <sup>1,9,7</sup>  
 Pesto & Spinach Pasta Bake <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Chips, Peas  
 Baked Beans  
**Carrot Sticks**  
 Oaty Biscuit <sup>1,15</sup>  
 Fruit Pots & Yoghurt <sup>7</sup>

## WEEK 4

- 21st Sept
- 19th Oct
- 23rd Nov
- 4th Jan
- 1st Feb

Margherita Pizza <sup>1,3,7,9</sup>  
 Tofu Biryani <sup>7,16</sup>  
 Pesto & Bean Fusilli <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 New Potatoes, Sweetcorn  
**Grated Carrots**  
 Strawberry Whip <sup>7</sup>  
 Mr Nourish Vanilla Biscuit <sup>1</sup>  
 Fruit Pots

Cottage Pie  
 Cheese & Tomato Puff with New Potatoes <sup>1,7,9</sup>  
 Herby Tomato Bows <sup>1,16</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
**Sliced Carrots, Broccoli**  
 Apple Crumble & Custard <sup>7</sup>  
 Mr Nourish Vanilla Biscuit <sup>1</sup>  
 Fruit Pots

Roast Chicken & Gravy  
 Quorn Sausage & Bean Turnover <sup>1,3,8,14,9</sup>  
 Cheese & Spring Onion Pasta <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Rustic Roast Potatoes  
 Spring Greens, **Diced Carrots**  
 Fruit Jelly  
 Mr Nourish Vanilla Biscuit <sup>1</sup>  
 Fruit Pots & Yoghurt <sup>7</sup>

Bolognese Twists <sup>1</sup>  
 Cauliflower & Chick Pea Curry <sup>7,9</sup>  
 Cheese & Broccoli Penne <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Rice, Seasonal Vegetables  
 Orange, Apple & Watermelon Pots  
 Yoghurt <sup>7</sup>

Chicken Goujons <sup>1</sup>  
 Bruschetta <sup>1,7,9</sup>  
 Tomato & Sweetcorn Pasta <sup>1,7,9</sup>  
 Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup>  
 Chips, Baked Beans  
 Peas, **Carrot Sticks**  
 Ginger Cookie <sup>1,15</sup>  
 Fruit Pots & Yoghurt <sup>7</sup>

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.

Allergen Accreditation

EAT YOUR FRUIT AND VEGETABLES CHILDREN. CARROTS ARE MY FAVOURITE!

