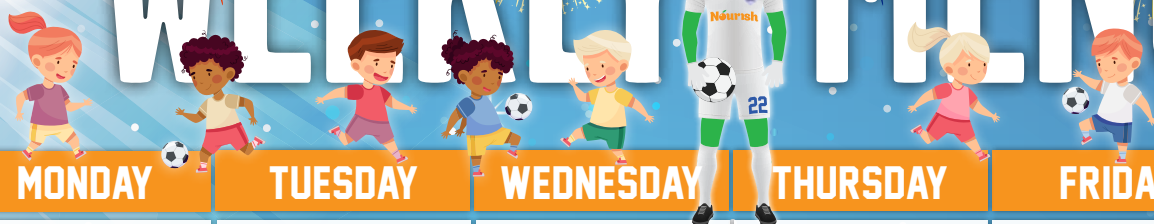


OCT 2022 TO
MAR 2023

WEEKLY MENU



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

