



LOOK OUT FOR
OUR THEMED DAYS!

WEEK ONE

4TH NOVEMBER

2ND DECEMBER

6TH JANUARY

3RD FEBRUARY

10TH MARCH

WEEK TWO

11TH NOVEMBER

9TH DECEMBER

13TH JANUARY

10TH FEBRUARY

17TH MARCH

WEEK THREE

18TH NOVEMBER

16TH DECEMBER

20TH JANUARY

24TH FEBRUARY

24TH MARCH

WEEK FOUR

25TH NOVEMBER

30TH DECEMBER

27TH JANUARY

3RD MARCH

31ST MARCH



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>Vegetable Lasagne 1,3,4,7,9 V Sweet Potato & Chick Pea Curry VG Herby Tomato Pasta Bows 1 VG Rice, Sweetcorn, Peppers Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Beef Stew & New Potatoes Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Herby Bread 1,3,7,9, Green Beans, Carrots Apple Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Turkey & Gravy Vegetable Burger 1,5 VG Cheesy Pasta Twists 1,7 V Rustic Roast Potatoes or Jollof Rice Cauliflower, Broccoli Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Chicken Arrabiatta Pasta 1 Vegetable Curry & Rice VG Jackets with a Choice of Toppings 7,8,9 Seasonal Vegetables Chocolate & Vanilla Cake 1,7 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Fish Fingers 1,8 Cheese & Tomato Puff 1,7 V Mushroom Carbonara Spaghetti 1,7 V Chips, Peas, Baked Beans, Coleslaw 9 Ginger Biscuit 1,15 VG Yoghurt 3,7 Fruit Pots VG</p>
<p>Chicken & Sweetcorn Pie 1 Herby Tomato Pasta Twists 1 VG Cheesy Pasta Bows 1,7 V New Potatoes, Carrots, Peas Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Mild Chilli Beef 4 Pesto & Pea Penne 1,7 V Jackets with a Choice of Toppings 7,8,9 Rice/Seasonal Vegetables Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Chicken & Gravy Vegan Sausage Roll 1 VG Arrabiatta Pasta 1 VG Rustic Roast Potatoes or Jollof Rice Cabbage, Sweetcorn Chocolate Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Macaroni Cheese 1,7 V Rice & Bean Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 Baked Wedges Green Beans, Cauliflower Fruit Loaf 1,3,7,9 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Salmon Fish Cake 1,7,8 Margherita Pizza 1,3,7,9 V Herby Tomato Pasta Twists 1 VG Chips, Peas, Baked Beans, Carrot Sticks Jaffa Biscuit 1 VG Yoghurt 3,7 Fruit Pots VG</p>
<p>Katsu Chicken Nugget 1 Cheesy Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn, Peppers Chocolate Whip 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Cheese & Onion Pinwheel 1,7 V Spaghetti Vegetable Bolognese 1 VG Pesto & Pea Penne 1,7 V New Potatoes, Green Beans, Carrots Syrup Sponge 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Savoury Beef & Yorkshire Puddings 1,7,9 Vegetable Stew & Yorkshire Pudding 1,7,9 V Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Cabbage, Peas Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Sweet Chilli Chicken Noodles 1,3,16 Potato & Vegetable Pinwheel 1 V Macaroni Cheese 1,7 V Garlic Bread 1,3,7,9, Seasonal Vegetables Cinnamon Roll 1,3,7,9 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Sausages 1,6 Quorn Sausage 1 VG 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</p>
<p>Margherita Pizza 1,3,7,9 V Meatfree Meatballs in Tomato Sauce VG Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1 VG, Sweetcorn, Peppers Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Chicken Curry Tomato Spaghetti 1 VG Cheesy Pasta Twists 1,7 V Rice, Seasonal Vegetables Banana Loaf 1 VG & Chocolate Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Chicken & Gravy Chinese Tofu Wrap 1,3,16 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots Ice Cream 7 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Beef Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7 V Tomato & Sweetcorn Penne 1 VG Cauliflower, Broccoli Jam & Vanilla Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Fish Fingers 1,8 Bruschetta 1,7 V 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</p>

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!