



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Chicken Pie 1 Mushroom & Lentil Stew VG Crushed Potato Cauliflower, Carrots Mr Nourish Biscuit 1 VG Fruit Pots VG	Bean Biryani VG Jackets with a Choice of Toppings 8,9 Rainbow Pasta 1 Seasonal Vegetables Toffee Apple Pudding 1 VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Turkey & Gravy Arrabiata Pasta Shells 1 VG Rustic Roast Potatoes, Cabbage, Peas Fruit Jelly VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Beef Bolognese Pasta 1 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 8,9 Green Beans Grated Carrots Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Sausages 1,6 Vegetable Sausage VG Chips, Sweetcorn, Baked Beans Cucumber Sticks Oaty Cookie 1,15 VG Fruit Pots VG
WEEK TWO	Caribbean Brown Chicken Chick Pea Jambalaya VG Tomato Spaghetti 1 VG Rice, Carrots, Peas Mr Nourish Biscuit 1 VG Fruit Pots VG	Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 8,9 Seasonal Vegetables Plum Pudding 1VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Ratatouille Puff 1,3 VG Rustic Roast Potatoes Broccoli, Carrots Mr Nourish Biscuit 1 VG Fruit Pots VG	Beef Stew & Dumpling 1 Falafel Burger & Wedges 1,5 VG Jackets with a Choice of Toppings 8,9 Cauliflower, Green Beans Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Salmon Bites 1,8 Herby Tomato Pasta Twists 1 V Chips, Peas, Coleslaw 9 Marble Cookie 1 VG Fruit Pots VG
WEEK THREE	Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 8,9 Rice, Green Beans, Mixed Salad Peach Crumble 1 VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Sweetcorn, Peppers Mr Nourish Biscuit 1 VG Fruit Pots VG	Savoury Mince Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 8,9 Rustic Roast Potatoes, Green Beans, Carrots Fruit Jelly VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Beef Cottage Pie Herby Tomato Pasta 1 VG Seasonal Vegetables Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Fish Fingers 1,8 Tomato & Sweetcorn Pasta 1 VG Jackets with a Choice of Toppings 8,9 Chips, Peas, Baked Beans, Grated Carrot Fruit Pots VG

Pasta Jacket NP DF

**AVAILABLE
DAILY**

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 VG Vegan V Vegetarian

Selection of Salads **9**, Homemade Bread **1,3**. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

