

WEEKLY MENU

LOOK OUT FOR
OUR THEMED DAYS!

WEEK ONE

6TH JANUARY
3RD FEBRUARY
10TH MARCH

WEEK TWO

13TH JANUARY
10TH FEBRUARY
17TH MARCH

WEEK THREE

20TH JANUARY
24TH FEBRUARY
24TH MARCH

WEEK FOUR

27TH JANUARY
3RD MARCH
31ST MARCH

MONDAY
Chinese Vegetable & Bean Noodles 1,3,16
VG
Herby Tomato Pasta 1VG
Sweetcorn, Peppers
Berry Soy Milkshake 3
Fresh Fruit VG

Soy Bolognaise Spaghetti 1,3
Herby Tomato Pasta Twists 1VG
Carrots, Peas
Flapjack
Fresh Fruit

Sweet potato Pinwheel & Wedges 1VG
Jackets with a Choice of Toppings 8,9
Broccoli, Sweetcorn
Syrup Sponge 1,VG
Soy Custard 3
Fresh Fruit VG

Herby Tomato Pasta 1VG
Jackets with a Choice of Toppings 8,9
Sweetcorn, Peppers
Jaffa Biscuit 1VG
Fresh Fruit VG

TUESDAY
Beef Stew & Dumpling 1
Country Vegetable Stew & Dumpling 1VG
Jackets with a Choice of Toppings 8,9
Green Beans, Carrots
Apple Crumble 1VG & Soy Custard 3
Fresh Fruit VG

Mild Chilli 4
Bean Chilli 3 VG
Jackets with a Choice of Toppings 8,9
Rice, Seasonal Vegetables
Toffee Apple Pudding 1VG
& Soy Custard 3
Fresh Fruit

Sweet & Sour Chicken
Vegetable Sweet & Sour VG
Herby Tomato Pasta 1VG
Rice, Green Beans, Carrots
Mr Nourish Biscuit 1VG
Fresh Fruit VG

Chicken Curry & Rice
Vegetable Curry & Rice 1VG
Herby Tomato Pasta 1VG
Seasonal Vegetables
Banana Loaf 1VG
Soy Chocolate Custard 3
Fresh Fruit VG

WEDNESDAY
Chicken Arrabiatta Pasta 1
Arrabiatta Pasta 1VG
Jackets with a Choice of Toppings 8,9
Cauliflower, Broccoli
Fresh Fruit VG

BBQ Chicken Wrap
BBQ Vegetable Wrap 1VG
Jackets with a Choice of Toppings 8,9
Potato Wedges, Broccoli, Sweetcorn
Fresh Fruit VG

Savoury Mince & Pastry Toppers 1
Samosa Puff 1VG
Jackets with a Choice of Toppings 8,9
Mashed Potato, Cabbage, Peas
Fresh Fruit VG

Roast Chicken & Gravy
Vegetable Puff 1,3,16 VG
Jackets with a Choice of Toppings 8,9
Rustic Roast Potatoes, Green Beans,
Carrots
Fresh Fruit VG

THURSDAY
Jerk Chicken
Jerk Cauliflower
Herby Tomato Pasta 1VG
Jollof Rice, Seasonal Vegetables
Ginger Biscuit 1,15 VG
Fresh Fruit VG

Chicken & Sweetcorn Pie 1
Root Vegetable Pie 1VG
Herby Tomato Pasta 1VG
Mashed Potato, Green Beans, Cauliflower
Mr Nourish Biscuit 1,VG
Fresh Fruit

Sweet Chilli Chicken Wrap 1
Sweet Chilli Bean Wrap 1VG
Herby Tomato Pasta 1VG
New Potatoes, Seasonal Vegetables
Coconut Biscuit 1 VG
Fresh Fruit VG

Cottage Pie
Shepherdess Pie
Herby Tomato Pasta 1VG
Cauliflower, Broccoli
Mr Nourish Biscuit 1 VG

FRIDAY
Fish Fingers 1,8
Vegetable Nugget 1VG
Jackets with a Choice of Toppings 8,9
Peas, Baked Beans
Fresh Fruit VG

Vegetable Nugget 1VG
Jackets with a Choice of Toppings 8,9
Chips, Peas, Baked Beans
Fresh Fruit VG

Fish Fingers 1,8
Vegetable Nugget 1VG
Jackets with a Choice of Toppings 8,9
Peas, Baked Beans
Fresh Fruit VG

Chicken Nuggets 1
Vegetable Nuggets 1VG
Jackets with a Choice of Toppings 8,9
Chips, Peas, Baked Beans
Fresh Fruit VG

AVAILABLE DAILY: Selection of Salads 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
1Wheat Gluten 2Crustaceans 3Soybean 4Mustard 5Sesame 6Sulphites/Sulphur Dioxide 7Milk
8Fish 9Egg 10Peanuts 11Molluscs 12Celeriac/Celery 13Nuts 14Lupins 15Oat Gluten 16Barley Gluten



EAT YOUR VEGGIES!