

WEEKLY MENU



FEBRUARY TO
APRIL 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 20th Feb 20th Mar	Spaghetti Vegetable Bolognese 1 Vg Shepherdess Pie 3 Vg Jacket Potato with a Choice of Toppings 7,8,9 Sweetcorn, Peppers Rice Pudding 7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Chicken Curry Herby Tomato Pasta Twists 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Rice Sliced Carrots, Green Beans Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Minced Beef & Yorkshire Pudding 1,2,9 Boston Bean Stuffed Potato Skins 7 V Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Broccoli Diced Carrot Mandarin Drizzle Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Sausages 1,6 Cheese Penne 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Mashed Potato Seasonal Vegetables Chocolate Brownie 1,9 Fruit Pots Yoghurt 7	Fish Fingers 1,8 No Meat Burger in a Bun 1,4,5 Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Cucumber Sticks Ginger Biscuit 1,15 Fruit Pots Yoghurt 7
WEEK 2 27th Feb 27th Mar	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables Peach Crumble 1 & Custard 2 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Sticky Chicken Stir Fry Noodles 1,3,9,16 Vegan Sausage Roll 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Mashed Potato, Carrots Green Beans Chocolate Orange Pot 7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Roast Pork & Gravy No Meat Mince Puff 1,3 Vg Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Cabbage, Sweetcorn Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Mild Mexican Chilli 4 Cheese & Spring Onion Pasta Bows 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Rice, Cauliflower Carrots Strawberry Shortbread 1 Fruit Pots Yoghurt 7	Fish Fingers 1,8 or Salmon Fishcakes 1,7,8 Margherita Pizza 1,3,7,9 V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Coleslaw 9 Crispy Oaty Bar 1,6,15,16 Fruit Pots, Yoghurt 7
WEEK 3 6th Mar	Vegan Hot Dog 1,5 Vg Cauliflower & Chick Pea Curry & Rice Vg Jacket Potato with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables Butterscotch Mousse 7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Beef Stew & Dumpling 1 Tomato & Herb Shells 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Cauliflower Peas Jam Sponge 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Roast Gammon & Gravy Cheese & Onion Slice 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Diced Carrots, Cabbage Crispy Cake 7,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Chicken Pie 1 Pesto Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 New Potatoes, Sweetcorn Broccoli Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Fish Fingers 1,8 Cheese & Spinach Pinwheel 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Carrot Sticks Toffee Apple Flapjack 1,15 Fruit Pots Yoghurt 7
WEEK 4 13th Mar	Margherita Pizza 1,3,7,9 V Vegetable Paella Vg Jacket Potato with a Choice of Toppings 7,8,9 New Potatoes, Sweetcorn Peppers Strawberry Whip 7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Cottage Pie Tomato Bows 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Cauliflower Peas Banana Loaf 1,9 & Chocolate Custard 7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Roast Chicken & Gravy Meat Free Meatball Pasta 1,3 Vg Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli, Sliced Carrots Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Bolognese Shells 1 Cheesy Cajun Wedges 4,7 V Jacket Potato with a Choice of Toppings 7,8,9 Seasonal Vegetables Jam Puff 1,6 Fruit Pots Yoghurt 7	Fish Fingers 1,8 Bruschetta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, 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.



Key: Available Daily: Selection of Salads 9, Homemade Bread 1,3,7,9.
Vg Vegan Some of our schools may use pre prepped potatoes or vegetables on an occasions.
V Vegetarian These may contain sulphites and celeriac. Please discuss with your manager.

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

