

WHAT'S ON THE MENU THIS WEEK?



WEEKLY MENU

REMEMBER... RECEPTION, YEAR 1 & YEAR 2 ARE ENTITLED TO FREE SCHOOL MEALS. THIS EXCLUDES INDEPENDENT SCHOOLS.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 17th April 15th May 19th June 17th July 25th Sept 23rd Oct	Chicken Pie 1 Arabiatto Pasta Twists 1 Vg Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	BBQ Pulled Chicken in a Bun 1,5 Herby Tomato Penne Pasta 1 Vg Jackets with a Choice of Toppings 7,8,9 Rainbow Rice, Sweetcorn Courgettes Chocolate Pudding 1,9 & Chocolate Sauce 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Turkey & Gravy Cheesy Vegetable Burrito 1,7 V Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Jollof Rice, Cabbage, Carrots Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Macaroni Cheese 1,7 V Quorn Sausage & Bean Pie 1 Vg Jackets with a Choice of Toppings 7,8,9 Green Beans, Carrots Peach Sponge 1,9 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Fish Fingers 1,8 Cheesy Bean Slice 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9 Banana Bar 1,15 Yoghurt 7 Fruit Pots
WEEK 2 24th April 22nd May 26th June 4th Sept 2nd Oct	Sweet Chicken Curry Cheese Topped Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Rice, Carrots Cauliflower Banana in Chocolate Custard 7 Mr Nourish Biscuit 1 Fruit Pots	PIZZA DAY Meatfeast Pizza 1,3,7,9 or Margherita Pizza 1,3,7,9 V Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Chicken & Gravy Caribbean Pasty 1 Vg Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Jollof Rice, Broccoli, Sweetcorn Crispy Cake 3,7,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Keema Pie Cheesy Pasta Twists 1,7 V Jackets with a Choice of Toppings 7,8,9 Carrots, Green Beans Lemon Drizzle Cake 1,9 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Fish Fingers 1,8 Summer Frittata 9 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Cucumber Sticks Caramel Cookie 1,7 Yoghurt 7 Fruit Pots
WEEK 3 1st May 5th June 3rd July 11th Sept 9th Oct	Meatfree Meatballs & Pasta Cheese & Bean Wrap Pocket 1,7 V Jackets with a Choice of Toppings 7,8,9 New Potatoes Sweetcorn, Peppers Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Sweet & Sour Chicken Cheesy Pasta Bows 1,7 V Jackets with a Choice of Toppings 7,8,9 Rice, Cauliflower Carrots Jam Tart 1,6 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Turkey & Gravy Vegetable Toad in The Hole 1,7,9 V Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Cabbage, Peas Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Penne Bolognese 1 Rice & Bean Burrito 1 Vg Jackets with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables Beetroot Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Fish Fingers 1,8 Cheese & Spinach Pinwheel 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9 Brownie 1,9 Yoghurt 7 Fruit Pots
WEEK 4 8th May 12th June 10th July 18th Sept 16th Oct	Sausage & Gravy 1,6 Quorn Sausage & Gravy 1 Vg Jackets with a Choice of Toppings 7,8,9 Mashed Potato Cauliflower, Carrots Peach Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Beef & Onion Pie 1 Cheesy Pasta Twists 1,7 V Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Strawberry Pot 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Chicken & Gravy Vegan Sausage Roll 1 Vg Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Jollof Rice, Green Beans, Carrots Chocolate Cornflake Cake 3,7,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Chicken Fajitas 1,4 Tomato Spaghetti 1 Vg Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn, Side Salad Traybake Pancake 1,2,9 & Berry Sauce Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Salmon Fish Cakes 1,7,9 Margherita Pizza 1,3,7,9 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Carrot Sticks Oaty Biscuit 1,15 Fruit Pots, Yoghurt 7



APR-OCT 2023

TASTE THE COLOURS OF THE RAINBOW!

Nourish
contract catering

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 occasions.
V Vegetarian These may contain sulphites and gelatine. 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 Celery/Celery 13 Nuts 14 Lupine 15 Oct. Gluten 16 Barley Gluten