



	 <b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	 <b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>	Panini Bake <sup>1,7</sup> V Shepherdess Pie <sup>9</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> New Potatoes Sweetcorn <b>Carrot Sticks</b> Peaches & Custard <sup>7</sup> Mr Nourish Orange Biscuit <sup>1</sup> Fruit Pots	Chicken Pie <sup>1</sup> Cheese, Tomato & Herb Penne <sup>1,7</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Mashed Potatoes Seasonal Vegetables Ice Cream <sup>7</sup> Mr Nourish Orange Biscuit <sup>1</sup> Fruit Pots	Roast Pork & Gravy Falafel Balls in Tomato Sauce <sup>9</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rustic Roast Potatoes Broccoli <b>Diced Carrots</b> Mandarin Drizzle Cake <sup>1,9</sup> Mr Nourish Orange Biscuit <sup>1</sup> Fruit Pots & Yoghurt <sup>7</sup>	Chicken & Coconut Curry <sup>6</sup> Cheesy Fusilli <sup>1,7</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rice <b>Sliced Carrots</b> Green Beans Chocolate Twist <sup>1,7</sup> Fruit Pots & Yoghurt <sup>7</sup>	Fish Fingers <sup>1,8</sup> or Salmon Fish Cake <sup>1,8</sup> Bean & Beet Burger <sup>4</sup> Vg Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Chips <b>Carrotty Coleslaw</b> <sup>9</sup> Peas Apricot Cookie <sup>1,6,15</sup> Fruit Pots & Yoghurt <sup>7</sup>
<b>WEEK 2</b>	Tomato Fusilli Bake <sup>1,7</sup> Rice & Bean Burrito <sup>1</sup> Vg Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Garlic Bread <sup>1,3,7,9</sup> Runner Beans <b>Sliced Carrots</b> Ice Cream <sup>7</sup> Mr Nourish Shortbread <sup>1</sup> Fruit Pots	Sausages <sup>1,6</sup> Quorn Sausage <sup>1,7,9,16</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Mashed Potato Cauliflower, <b>Carrots</b> Baked Beans Banana & Chocolate Custard <sup>7</sup> Mr Nourish Shortbread <sup>1</sup> Fruit Pots	Roast Chicken & Gravy Roast Pepper & Beanie Parcel <sup>1</sup> Vg Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rustic Roast Potatoes Seasonal Vegetables Crispie Cake <sup>7,16</sup> Mr Nourish Shortbread <sup>1</sup> Fruit Pots & Yoghurt <sup>7</sup>	Mexican Mince <sup>4</sup> Macaroni Cheese <sup>1,7</sup> Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rice Broccoli <b>Carrots</b> Honeydew Melon, Apple & Orange Pots Yoghurt <sup>7</sup>	Pizza Bar - Meat Feast <sup>1,3,7,9</sup> Margherita <sup>1,3,7,9</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Chips Peas <b>Carrotty Coleslaw</b> <sup>9</sup> Fruity Flapjack <sup>1,15</sup> Fruit Pots & Yoghurt <sup>7</sup>
<b>WEEK 3</b>	Savoury Quorn & Vegetable Mince with Yorkshire Pudding <sup>1,7,9</sup> V Vegan Sausage Roll <sup>1,16</sup> Vg Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Mashed Potato, Baked Beans Green Beans, <b>Carrots</b> Wholemeal Tomato Bread <sup>1,3,7,9</sup> Ice Cream <sup>7</sup> Mr Nourish Orange Biscuit <sup>1</sup> Fruit Pots	Chicken Stew & Dumpling <sup>1</sup> Cheesy Pasta <sup>1,7</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Sweetcorn <b>Carrot Sticks</b> Chocolate Rice Pudding <sup>7</sup> Mr Nourish Orange Biscuit <sup>1</sup> Fruit Pots	Roast Gammon & Gravy Chick Pea & Vegetable Loaf <sup>9</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Mashed Potatoes <b>Diced Carrots</b> Cabbage Fruit Jelly Mr Nourish Orange Biscuit <sup>1</sup> Fruit Pots & Yoghurt <sup>7</sup>	Minced Beef Pie <sup>1</sup> Tomato & Herb Penne <sup>1</sup> Vg Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> New Potatoes Seasonal Vegetables Fruit Loaf <sup>1,3,7,9</sup> Fruit Pots & Yoghurt <sup>7</sup>	Fish Fingers <sup>1,8</sup> Roasted Vegetable Frittata <sup>7,9</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Chips Peas Baked Beans <b>Carrot Sticks</b> Oaty Biscuit <sup>1,15</sup> Fruit Pots & Yoghurt <sup>7</sup>
<b>WEEK 4</b>	Margherita Pizza <sup>1,3,7,9</sup> V Tofu Biryani <sup>3</sup> Vg Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> New Potatoes Sweetcorn <b>Grated Carrots</b> Strawberry Whip <sup>7</sup> Mr Nourish Vanilla Biscuit <sup>1</sup> Fruit Pots	Cottage Pie Tomato & Sweetcorn Fusilli <sup>1</sup> Vg Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> <b>Sliced Carrots</b> Broccoli Apple Crumble <sup>1</sup> & Custard <sup>7</sup> Mr Nourish Vanilla Biscuit <sup>1</sup> Fruit Pots	Roast Chicken & Gravy Quorn Sausage & Bean Turnover <sup>1,7,9,16</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rustic Roast Potatoes Spring Greens, <b>Diced Carrots</b> Fruit Jelly Mr Nourish Vanilla Biscuit <sup>1</sup> Fruit Pots & Yoghurt <sup>7</sup>	Bolognese Twists <sup>1</sup> Cauliflower & Chick Pea Curry <sup>9</sup> Vg Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rice Seasonal Vegetables Orange, Apple & Watermelon Pots Yoghurt <sup>7</sup>	Chicken Goujons <sup>1</sup> Bruschetta <sup>1,7</sup> V Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Chips Baked Beans Peas, <b>Carrot Sticks</b> Ginger Cookie <sup>1,15</sup> Fruit Pots & Yoghurt <sup>7</sup>

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

**Key:**  
Vg Vegan  
V Vegetarian

**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.



EAT YOUR FRUIT AND VEGETABLES CHILDREN. CARROTS ARE MY FAVOURITE!

