

# WEEKLY MENU

JANUARY, FEBRUARY, MARCH & APRIL 2020

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	SUGAR WISE SUGARWISE THURSDAY	FRIDAY
<b>WEEK 1</b>					
6th January	Tomato & Cheese Penne Bake 1.7 v 🍌 Chick Pea & Cauliflower Curry 6 Vg 🍌 Jacket Potato with a Choice of Toppings 7.8.9	Chicken Pie 1 Cheese & Broccoli Fusilli 1.7 v 🍌 🍌 Jacket Potato with a Choice of Toppings 7.8.9	Roast Gammon & Gravy Quornish Pasty 1.9 v Jacket Potato with a Choice of Toppings 7.8.9	Meat Feast Pizza 1.3.7.9 🍌 Bean Hotpot 6 Vg 🍌 Jacket Potato with a Choice of Toppings 7.8.9	Fish Cakes 1.4.7.8 Mexican Stack 1.4.7 v Jacket Potato with a Choice of Toppings 7.8.9
27th January	Rice Green Beans & Carrots 🍌	New Potatoes 🍌 Cauliflower 🍌 & Peas	Rustic Roast Potatoes 🍌 Seasonal Vegetables 🍌	Warm Pasta Salad 1 🍌 Sweetcorn & Peppers	Chips Baked Beans & Coleslaw 9 🍌
24th February	Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots 🍌	Toffee Apple Cake 1.9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots 🍌	Fruit Jelly & Mr Nourish Biscuit 1 Fruit Pots 🍌, Yoghurt 7 🍌	Chocolate Orange Shortbread 1.7.9 Apple & Orange Fruit Pots 🍌 Yoghurt 7 🍌	Caramel Cookie 1.7 Fruit Pots 🍌 Yoghurt 7 🍌
16th March					
<b>WEEK 2</b>					
13th January	Margherita Pizza 1.3.7.9 v Vegetable Meatballs Vg 🍌 Jacket Potato with a Choice of Toppings 7.8.9	Peri Peri Chicken 4 Cheesy Twists 1.7 v 🍌 Jacket Potato with a Choice of Toppings 7.8.9	Roast Pork & Gravy Sweet Potato Burger 1 Vg 🍌 Jacket Potato with a Choice of Toppings 7.8.9	Bolognese Penne 1 🍌 Loaded Potato Wedges 7 v Jacket Potato with a Choice of Toppings 7.8.9	Fish Fingers 1.8 or Salmon Fish Cakes 1.8 Vegetable Puff Slice 1 Vg 🍌 Jacket Potato with a Choice of Toppings 7.8.9
3rd February	Warm Pasta Salad 1 🍌 Sweetcorn & Coleslaw 9 🍌	Rice Peas & Carrots 🍌	Rustic Roast Potatoes 🍌 Cabbage 🍌 & Green Beans	Garlic Bread 1.3.7.9 Seasonal Vegetables 🍌	Chips Baked Beans & Cucumber Sticks 🍌
2nd March	Rice Pudding 🍌 & Jam 6.7 Mr Nourish Biscuit 1 Fruit Pots 🍌	Ginger Pudding 1.9 & Custard 7 🍌 Mr Nourish Biscuit 1 Fruit Pots 🍌	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots 🍌, Yoghurt 7 🍌	Sultana Whirl 1 Apple & Orange Fruit Pots 🍌 Yoghurt 7 🍌	Flapjack 1.15 Fruit Pots 🍌, Yoghurt 7 🍌
23rd March					
<b>WEEK 3</b>					
20th January	Macaroni Cheese 1.7 v 🍌 Shepherdess Pie 9 v Jacket Potato with a Choice of Toppings 7.8.9	Sausages & Onion Gravy 1.6 Vegetable Biryani 6 Vg 🍌 Jacket Potato with a Choice of Toppings 7.8.9	Roast Chicken & Gravy Spanish Omelette 7.9 v Jacket Potato with a Choice of Toppings 7.8.9	Beef Stew & Dumpling 1.6 Mediterranean Penne Bake 1.7 v 🍌 🍌 Jacket Potato with a Choice of Toppings 7.8.9	Fish Fingers 1.8 Sweet Pepper & Bean Wrap 1 Vg Jacket Potato with a Choice of Toppings 7.8.9
10th February	Wholemeal Tomato Bread 1.3.7.9 Sliced Green Beans & Cauliflower 🍌	Mashed Potato 🍌 Cabbage 🍌 & Baked Beans	Rustic Roast Potatoes 🍌 Carrots 🍌 & Sweetcorn	Seasonal Vegetables 🍌	Chips, Peas & Coleslaw 9 🍌
9th March	Peach Pie 1 & Custard 7 🍌 Mr Nourish Biscuit 1 Fruit Pots 🍌	Jam Tart 1.6 & Custard 7 🍌 Mr Nourish Biscuit 1 Fruit Pots 🍌	Krispy Cake 1.7.16 Mr Nourish Biscuit 1 Fruit Pots 🍌, Yoghurt 7 🍌	Chocolate Cake 1.6.9 Apple & Orange Fruit Pots 🍌 Yoghurt 7 🍌	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots 🍌, Yoghurt 7 🍌
30th March					

**KEY:**

🍌 Seasonal, Local Fruit & Veg 🍌 Organic Foods  
V Vegetarian Vg Vegan

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



Some of our schools may use pre-prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager. Homemade Bread 1.3.7.9 and a Selection of Salads 9 🍌 available daily.