

WEEKLY MENU

SEPTEMBER, OCTOBER, NOVEMBER & DECEMBER 2019

| | MEAT FREE MONDAY | TUESDAY | WEDNESDAY | SUGAR WISE SUGARWISE THURSDAY | FRIDAY |
|----------------|---|---|---|--|---|
| WEEK 1 | | | | | |
| 2nd September | Macaroni Cheese 1.7 | Chicken & Pepper Pizza 1.3,7,9 | Roast Chicken & Gravy | Minced Beef & Onion Pie 1.12 | Fish Fingers 1.8 |
| 23rd September | Chick Pea & Sweet Potato Curry 12,17 | Vegetable Biryani 12,17 | Quorn Sausage & Bean Cowboy Pie 1.7,9,16 | Quorn & Tomato Tri Colour Pasta 1.9,12 | Cheese & Onion Quiche 1.7,9 |
| 14th October | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 |
| 11th November | Rice & Seasonal Vegetables | Warm Pasta Salad 1 | Rustic Roast Potatoes | Mashed Potatoes | Chips |
| 2nd December | Peaches & Ice Cream 3,7 | Sweetcorn & Coleslaw 9 | Cabbage & Peas | Carrots & Broccoli | Baked Beans & Cucumber Sticks |
| | Mr Nourish Biscuit 1 & Fruit Pots | Banoffee Mousse 7 | Jam & Coconut Sponge 1.6,9 | Sugarwise Fruit Loaf 1.3,6,7,9 | Oaty Fruit Cookie 1.6,15 |
| | | Mr Nourish Biscuit 1 & Fruit Pots | Mr Nourish Biscuit 1 & Fruit Pots | Fruit Pots , Yoghurt 7 & Sugar Free Milkshake 7 | Fruit Pots & Yoghurt 7 |
| WEEK 2 | | | | | |
| 9th September | Cheese Topped Tomato Pasta Bake 1.7,12 | Brunch - Bacon, Sausage, Egg & Potato Hash 1.3,6,9,15 | Roast Turkey & Gravy 7 | Mild Chicken Curry 12,17 | Fish Fingers 1.8 |
| 30th September | Shepherdess Pie 9,12 | Tomato & Basil Pasta Bows 1.12 | Vegetable Sausage Roll 1 | Cheesy Fusilli 1.7 | Cheese & Spinach Pinwheel 1.7 |
| 28th October | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 |
| 18th November | Seasonal Vegetables | Grilled Tomatoes & Baked Beans | Rustic Roast Potatoes | Rice | Chips |
| 9th December | Rice Pudding & Jam 6,7 | Nourish Mess 7,9 | Cauliflower & Carrots | Sweetcorn & Peppers | Peas |
| | Mr Nourish Biscuit 1 & Fruit Pots | Mr Nourish Biscuit 1 & Fruit Pots | Mandarin Drizzle Cake 1.9 | Sugarwise Chocolate Banana Bread 1.7,9 | & Coleslaw 9 |
| | | | Mr Nourish Biscuit 1 & Fruit Pots | Fruit Pots , Yoghurt 7 & Sugar Free Milkshake 7 | Ginger Biscuit 1.15 |
| | | | & Yoghurt 7 | | Fruit Pots & Yoghurt 7 |
| WEEK 3 | | | | | |
| 16th September | Margherita Pizza 1.3,7,9 | Bolognese Twists 1 | Roast Gammon & Gravy | Chicken Jambalaya 12,17 | Fish Fingers 1.8 |
| 7th October | Salmon & Broccoli Risotto 8,12 | Sweet Potato Falafel Burger & Baked Wedges 6,17 | Mixed Bean Parcel 1 | Tomato & Sweet Pepper Pasta Bake 1.7,12 | Bruschetta 1.3,5,7 |
| 4th November | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 | Jacket Potato with a Choice of Toppings 7,8,9 |
| 25th November | Warm Pasta Salad 1 | Wholemeal Garlic Bread 1.3,7,9 | Rustic Roast Potatoes | Jacket Potato with a Choice of Toppings 7,8,9 | Chips |
| 16th December | Seasonal Vegetables | Sweetcorn & Peppers | Carrots & Peas | Broccoli & Cauliflower | Baked Beans & Coleslaw 9 |
| | Autumn Crumble 1 & Custard 7 | Cinnamon Whirl 1 & Custard 7 | Chocolate Crispy Cake 1.16 | Sugarwise Fruit Jelly 1.7,9 | Flapjack 15 |
| | Mr Nourish Biscuit 1 & Fruit Pots | Mr Nourish Biscuit 1 & Fruit Pots | Mr Nourish Biscuit 1 & Fruit Pots | Fruit Pots , Yoghurt 7 & Sugar Free Milkshake 7 | Fruit Pots & Yoghurt 7 |



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 Lupins
15 Oat Gluten 16 Barley Gluten 17 Chickpea



Some of our schools may use pre-prepped potatoes or vegetables on occasions. These may contain sulphites and celery. Please discuss with your manager. Homemade Bread 1.3,7,9 and a Selection of Salads 9 available daily.