

# WEEKLY MENU



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>	<p>Quorn Bolognese Twists <sup>1,9</sup> Vg Sweet Potato &amp; Chick Pea Curry &amp; Rice Vg</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Green Beans Sliced Carrots</p> <p>Chocolate Mousse <sup>7</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots</p>	<p>Sweet &amp; Sour Chicken Cheese &amp; Tomato Wrap Stack <sup>1,7</sup> V</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rice Seasonal Vegetables</p> <p>Toffee Apple Pudding &amp; Custard <sup>1,9</sup> &amp; Custard <sup>7</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots</p>	<p>Roast Gammon &amp; Gravy Vegan Sausage Roll <sup>1</sup> Vg</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rustic Roast Potatoes Diced Carrots, Cabbage</p> <p>Strawberry Cheesecake <sup>1,3,7,9,15</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots, Yoghurt <sup>7</sup></p>	<p>Cottage Pie Tomato Pasta Bake <sup>1,7</sup> V</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Sweetcorn Broccoli</p> <p>Fruit Loaf <sup>1,3,7,9</sup> Fruit Pots Yoghurt <sup>7</sup></p>	<p>Fish Fingers <sup>1,8</sup> Baked Bean Burger in a Bun <sup>1,5</sup> Vg</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Chips, Baked Beans Peas, Coleslaw <sup>9</sup></p> <p>Banana Bar <sup>1,15</sup> Fruit Pots Yoghurt <sup>7</sup></p>
<b>WEEK 2</b>	<p>Margherita Pizza <sup>1,3,7,9</sup> V Chick Pea Biryani Vg</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Jacket Wedges, Sweetcorn Peppers</p> <p>Peach Crumble <sup>1</sup> &amp; Custard <sup>7</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots</p>	<p>Barbeque Pork Tomato Bows <sup>1</sup> Vg</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rice, Cauliflower Peas</p> <p>Ice Cream <sup>7</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots</p>	<p>Roast Turkey &amp; Gravy Caribbean Pastie <sup>1</sup> Vg</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Mashed Potatoes, Broccoli Diced Carrots</p> <p>Chocolate Brownie <sup>1,9</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots, Yoghurt <sup>7</sup></p>	<p>Penne Bolognese <sup>1</sup> Cauliflower &amp; Potato Cheese <sup>1,7</sup> V</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Seasonal Vegetables</p> <p>Orange, Apple &amp; Watermelon Pots Yoghurt <sup>7</sup></p>	<p>Fish Fingers <sup>1,8</sup> Cheese &amp; Spinach Pinwheel <sup>1,7</sup> V</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Chips, Baked Beans Peas, Carrot Sticks</p> <p>Caramel Cookie <sup>1,7</sup> Fruit Pots Yoghurt <sup>7</sup></p>
<b>WEEK 3</b>	<p>Shepherdess Pie <sup>9</sup> V Vegetable Nuggets <sup>1</sup> Vg</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Baked Wedges, Sweetcorn Peppers</p> <p>Sultana Cake <sup>1,9</sup> &amp; Custard <sup>7</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots</p>	<p>Chicken Pie <sup>1</sup> Cheesy Fusilli <sup>1,7</sup> V</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> New Potatoes Seasonal Vegetables</p> <p>Mandarins &amp; Ice Cream <sup>7</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots</p>	<p>Roast Pork &amp; Gravy Roast Pepper Tart <sup>1,7,9</sup> V</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rustic Roast Potatoes Broccoli, Diced Carrots</p> <p>Fruit Jelly Mr Nourish Biscuit <sup>1</sup> Fruit Pots, Yoghurt <sup>7</sup></p>	<p>Beef &amp; Potato Curry Tomato &amp; Herb Twists <sup>1</sup> Vg</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rice, Sliced Carrots Green Beans</p> <p>Chocolate &amp; Banana Whirl Bun <sup>1,3,7,9</sup> Fruit Pots Yoghurt <sup>7</sup></p>	<p>Fish Fingers <sup>1,8</sup> Bruschetta <sup>1,3,7</sup> V</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Chips, Baked Beans Peas, Grated Carrot</p> <p>Crispy Cake <sup>7,16</sup> Fruit Pots Yoghurt <sup>7</sup></p>
<b>WEEK 4</b>	<p>Macaroni Cheese <sup>1,7</sup> V Rice &amp; Bean Burrito <sup>1</sup> Vg</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Baked Wedges, Green Beans Sliced Carrots</p> <p>Chocolate Sponge <sup>1,9</sup> &amp; Chocolate Sauce <sup>7</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots</p>	<p>Sausages with Gravy <sup>1,6</sup> Quorn Sausage <sup>1,7,9,16</sup> V</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Mashed Potato, Cabbage Baked Beans</p> <p>Yoghurt &amp; Granola <sup>6,7,15</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots</p>	<p>Roast Chicken &amp; Gravy BBQ Pulled Jackfruit in a Bun <sup>1,5</sup> Vg</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rustic Roast Potatoes Seasonal Vegetables</p> <p>Lemon Drizzle Cake <sup>1,9</sup> Mr Nourish Biscuit <sup>1</sup> Fruit Pots, Yoghurt <sup>7</sup></p>	<p>Mild Mexican Mince <sup>4</sup> Cheese &amp; Broccoli Twists <sup>1,7</sup> V</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Rice Cauliflower Carrots</p> <p>Honeydew Melon, Apple &amp; Orange Pots Yoghurt <sup>7</sup></p>	<p>Salmon Fish Cake <sup>1,8</sup> Margherita Pizza <sup>1,3,7,9</sup> V</p> <p>Jacket Potatoes with a Choice of Toppings <sup>7,8,9</sup> Chips, Baked Beans Peas, Coleslaw <sup>9</sup></p> <p>Fruity Flapjack <sup>1,15</sup> Fruit Pots Yoghurt <sup>7</sup></p>

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 <sup>9</sup>, Homemade Bread <sup>1,3,7,9</sup>.  
Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

**REMEMBER...**  
Reception, Year 1 and 2 are entitled to free school meals. This excludes independent schools.



Catholic Three Options