

# WEEKLY MENU

LOOK OUT FOR  
OUR THEMED DAYS!

**WEEK ONE**  
4TH NOVEMBER  
2ND DECEMBER  
6TH JANUARY  
3RD FEBRUARY  
10TH MARCH

**WEEK TWO**  
11TH NOVEMBER  
9TH DECEMBER  
13TH JANUARY  
10TH FEBRUARY  
17TH MARCH

**WEEK THREE**  
18TH NOVEMBER  
16TH DECEMBER  
20TH JANUARY  
24TH FEBRUARY  
24TH MARCH

**WEEK FOUR**  
25TH NOVEMBER  
30TH DECEMBER  
27TH JANUARY  
3RD MARCH  
31ST MARCH

**MONDAY**  
Cheese & Bean Lasagne 1,3,4,7,9 V  
Sweet Potato & Chick Pea Curry VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Rice, Sweetcorn, Peppers  
Rice Pudding & Syrup 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

**TUESDAY**  
Beef Stew & Dumpling 1  
Quorn Sausage Casserole & Dumpling 1VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Herby Bread 1,3,7,9, Green Beans, Carrots  
Apple Crumble 1VG & Custard 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

**WEDNESDAY**  
Roast Chicken & Gravy  
Falafel Burger 1,5 VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes  
Cauliflower, Broccoli  
Fruit Jelly VG, Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

**THURSDAY**  
Chicken Arrabiatta Pasta 1  
Biryani Balls in Curry Sauce 1VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Seasonal Vegetables, Herby Bread 1,3,7,9  
Chocolate & Vanilla Cake 1,7  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

**FRIDAY**  
Fish Fingers 1,8  
Cheese & Tomato Puff 1,7 V  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Chips, Peas, Baked Beans, Coleslaw 9  
Ginger Biscuit 1,15 VG  
Yoghurt 3,7, Fruit Pots VG

Chicken & Sweetcorn Pie 1  
Cauliflower & Cheese Nuggets 7 V  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
New Potatoes, Carrots, Peas  
Ice Cream 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Mild Chilli Beef 4  
BBQ Vegetable Wrap Stack 1,7 V  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Rice, Seasonal Vegetables  
Toffee Apple Pudding 1VG & Custard 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Roast Chicken & Gravy  
Vegan Sausage Roll 1VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes, Cabbage, Sweetcorn  
Chocolate Crispy Cake 1,3,7,16  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Macaroni Cheese 1,7 V  
Rice & Bean Burrito 1VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Baked Wedges, Green Beans, Cauliflower  
Fruit Loaf 1,3,7,9, Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Salmon Fish Cake 1,7,8  
Margherita Pizza 1,3,7,9 V  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Chips, Peas, Baked Beans, Carrot Sticks  
Jaffa Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Katsu Chicken Nugget 1  
Sweet & Sour Vegetables VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Rice, Sweetcorn, Peppers  
Chocolate Whip 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Cheese & Onion Pinwheel 1,7 V  
Spaghetti Vegetable Bolognese 1VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
New Potatoes, Green Beans, Carrots  
Syrup Sponge 1VG & Custard 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Savoury Beef & Yorkshire Puddings 1,7,9  
Samosa Puff 1VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes, Cabbage, Peas  
Fruit Jelly VG, Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Sweet Chilli Chicken Noodles 1,3,16  
Potato & Vegetable Cake  
with Tomato Sauce VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Seasonal Vegetables, Garlic Bread 1,3,7,9  
Cinnamon Roll 1,3,7,9  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Sausages 1,6  
Quorn Sausage 1VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Chips, Peas  
Baked Beans, Roasted Onions  
Apple Flapjack 1,15 VG  
Yoghurt 3,7, Fruit Pots VG

Margherita Pizza 1,3,7,9 V  
Meatfree Meatballs in Tomato Sauce VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Rainbow Pasta 1VG, Sweetcorn, Peppers  
Strawberry Mousse 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Chicken Curry  
Cheese, Onion & Potato Pastie 1,7 V  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Rice, Seasonal Vegetables  
Banana Loaf 1VG & Chocolate Custard 7  
Mr Nourish Biscuit 1VG  
Fruit Pots VG

Roast Chicken & Gravy  
Chinese Tofu Wrap 1,3,16 VG  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes  
Green Beans, Carrots  
Ice Cream 7, Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Beef Bolognese Penne Pasta 1  
Cheesy Cajun Wedges 4,7 V  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Cauliflower, Broccoli  
Jam & Vanilla Cake 1VG  
Mr Nourish Biscuit 1VG  
Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8  
Bruschetta 1,7 V  
Pasta Bar  
Jackets with a Choice of Toppings 7,8,9  
Chips, Peas, Baked Beans, Coleslaw 9  
Coconut Cookie 1,7  
Yoghurt 3,7, Fruit Pots VG

**AVAILABLE DAILY:** Selection of Salads 9, Homemade Bread 1,3,7,9. Pasta Bar offers Herby Tomato Pasta 1VG and Cheesy Pasta 1,7 V daily. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

