

## LET'S SAVE THE WORLD TOGETHER

### APRIL TO OCTOBER 2024

# WEEKLY/MENU



#### MONDAY

#### **TUESDAY**

#### WEDNESDAY

#### **THURSDAY**

#### FRIDAY

#### WEEK 1

15TH APR
13TH MAY
17TH JUNE
15TH JULY
2ND SEPT
30TH SEPT

Cheese & Tomato Pinwheel 1.7 v Sweet Potato & Bean Pie va Jackets with a Choice of Toppings 7.8.9

Baked Potato Wedges Peas, Carrots

Peach Crumble 1 vs & Custard 7 Mr Nourish Biscuit 1 vs Fruit Pots vs Lamb Shepherds Pie Cheesy Pasta Twists 1,7 v Jackets with a Choice of Toppings 7,8,9

New Potatoes Seasonal Vegetables

> Jelly vg Yoghurt 3,7 Fruit Pots vg

Roast Chicken & Gravy Bean Chilli with Baked Tortilla Chips 1 vo Jackets with a Choice of Toppings 7.8.9

Rustic Roast Potatoes or Jollof Rice Broccoli, Sweetcorn

Cornflake Cookie 1,7 Mr Nourish Biscuit 1 vg Yoghurt 3,7, Fruit Pots vg Chicken Fajitas 1,4
Tomato Spaghetti 1 v6
Jackets with a
Choice of Toppings 7,8,9

Rice Cauliflower, Carrots

> Jelly vg Yoghurt 3,7 Fruit Pots vg

Macaroni Cheese 17 v

Margherita Pizza 1,3,7,9 v Salmon Pasta 1,7,8 Jackets with a Choice of Toppings 7,8,9

Chips, Peas
Baked Beans, Carrot Sticks

Oaty Biscuit 1,15 vg Yoghurt 3,7 Fruit Pots vg

#### WEEK 2

22ND APR 20TH MAY 24TH JUNE 22ND JULY 9TH SEPT 7TH OCT Chicken Pie 1
Pesto Pasta Bake 1,7 v
Jackets with a
Choice of Toppings 7,8,9

New Potatoes Seasonal Vegetables

Ice Cream 7
Mr Nourish Biscuit 1 va
Fruit Pots va

BBQ Pulled Chicken Loaded Wedges Herby Tomato Penne Pasta 1 vc Jackets with a

> Sweetcorn Courgettes

Choice of Toppings 7,8,9

Jelly vg Yoghurt 3,7 Fruit Pots vg Roast Turkey & Gravy BBQ Vegetable Burrito 1 vo Jackets with a Choice of Toppings 7.8.9

Rustic Roast Potatoes or Jollof Rice Cabbage, Carrots

Peach Sponge 1,9 Mr Nourish Biscuit 1 vg Yoghurt 3,7, Fruit Pots vg Vegetable Hot Pot vs Jackets with a Choice of Toppings 7.8.9 Carrots, Green Beans

Carrots, Green Bean Garlic Bread 1,3,7,9

> Jelly vg Yoghurt 3,7 Fruit Pots vg

Fish Fingers 1,8 Cheese & Spinach Pinwheel 1,7 v Jackets with a Choice of Toppings 7,8,9

> Chips, Peas Baked Beans, Coleslaw 9

> > Ginger Biscuit 1 v6 Yoghurt 3,7 Fruit Pots v6

#### WEEK 3

29TH APR
3RD JUNE
1ST JULY
16TH SEPT
14TH OCT

Sweet Chicken Curry Cheesy Pasta 1,7 v Jackets with a Choice of Toppings 7,8,9

Rice, Seasonal Vegetables Herby Bread 1,3,7,9

Apple Crumble 1 vs & Custard 7
Mr Nourish Biscuit 1 vs
Fruit Pots vs

Chicken Sausage Roll 1.6 Quorn Sausage & Gravy 1 vo Jackets with a Choice of Toppings 7.8.9

Mashed Potato Baked Beans, Broccoli

> Jelly vg Yoghurt 3,7 Fruit Pots vg

Roast Chicken & Gravy Samosa Puff 1 v6 Jackets with a Choice of Toppings 7.8.9 Rustic Roast Potatoes

or Jollof Rice Green Beans, Carrots

Crispy Cake 3,7,16
Mr Nourish Biscuit 1 va
Yoghurt 3,7, Fruit Pots va

Margherita Pizza 1,3,7,9 v Loaded Cajun Bean Wedges vo Jackets with a Choice of Toppings 7,8,9

> New Potatoes Sweetcorn, Peppers

Jelly vg Yoghurt 3,7 Fruit Pots vg Fish Fingers 1,8
Summer Frittata 7,9 v
Jackets with a
Choice of Toppings 7,8,9

Chips, Peas
Baked Beans, Cucumber Sticks

Caramel Cookie 1,7 Yoghurt 3,7 Fruit Pots ve

#### WEEK 4

6TH MAY 10TH JUNE 8TH JULY 23RD SEPT 21ST OCT Jerk Chicken
Tomato & Herb Pasta 1 va
Jackets with a
Choice of Toppings 7.8,9
Sunshine Rice

Cauliflower, Carrots

Ice Cream 7
Mr Nourish Biscuit 1 v6
Fruit Pots v6

Singapore Noodles 1,3,16 V6 Cheese & Bean Wrap Pocket 1,7 v Jackets with a Choice of Toppings 7,8,9

> New Potatoes Seasonal Vegetables

> > Jelly vg Yoghurt 3,7 Fruit Pots vg

Roast Chicken & Gravy Vegetable Toad in The Hole 1,7,9 v Jackets with a Choice of Toppings 7,8,9

> Rustic Roast Potatoes or Jollof Rice Cabbage, Peas

Banana & Toffee Cake 1,7,9 Mr Nourish Biscuit 1 v6 Yoghurt 3,7, Fruit Pots v6 Penne Lamb Bolognaise 1
Rice & Bean Burrito 1 v6
Jackets with a
Choice of Toppings 7.8.9

Baked Wedges, Green Beans Sweetcorn, Garlic Bread 1,3,7,9

> Jelly vg Yoghurt 3,7 Fruit Pots vg

Chicken Bites 1
Vegetable Pastie 1 ve
Jackets with a
Choice of Toppings 7.8.9

Chips, Peas Baked Beans, Coleslaw 9

Vegan Brownie 1 va Yoghurt 3,7 Fruit Pots va

KEY: VG Vegan

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.

LOOK OUT FOR OUR THEMED DAYS!

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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

