

# WEEKLY MENU

Apr to Oct 2023

REMEMBER... RECEPTION, YEAR 1 & YEAR 2 ARE ENTITLED TO FREE SCHOOL MEALS. THIS EXCLUDES INDEPENDENT SCHOOLS.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Macaroni Cheese 1.7 V Vegetable Hot Pot 9 V Jackets with a Choice of Toppings 7.8, 9	BBQ Pulled Chicken in a Bun 1.5 Herby Tomato Penne Pasta 1 V 9 Jackets with a Choice of Toppings 7.8, 9	Roast Turkey & Gravy Cheesy Vegetable Burrito 1.7 V Jackets with a Choice of Toppings 7.8, 9	Chicken Pie 1 Arabiatta Pasta Twists 1 V 9 Jackets with a Choice of Toppings 7.8, 9	Fish Fingers 1.8 Cheese & Spinach Pinwheel 1.7 V Jackets with a Choice of Toppings 7.8, 9
17th April					
15th May					
19th June	Green Beans Carrots	Rainbow Rice, Sweetcorn Courgettes	Rustic Roast Potatoes Jollof Rice, Cabbage, Carrots	New Potatoes Seasonal Vegetables	Chips, Peas Baked Beans, Coleslaw 9
17th July					
25th Sept	Ice Cream 7 Mr Nourish Biscuit 1	Chocolate Pudding 1.9 & Chocolate Sauce 7 Mr Nourish Biscuit 1	Fruit Jelly Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Peach Sponge 1.9 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Banana Bar 1.15 Yoghurt 7 Fruit Pots
23rd Oct	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots
<b>WEEK 2</b>	Vegetable Pie 1 V 9 Cheese & Bean Wrap Packet 1.7 V Jackets with a Choice of Toppings 7.8, 9	Sweet Chicken Curry Cheese Topped Pasta Bake 1.7 V Jackets with a Choice of Toppings 7.8, 9	Roast Chicken & Gravy Caribbean Pasty 1 V 9 Jackets with a Choice of Toppings 7.8, 9	Keema Pie Cheesy Pasta Twists 1.7 V Jackets with a Choice of Toppings 7.8, 9	Chicken Bites 1 Summer Frittata 9 V Jackets with a Choice of Toppings 7.8, 9
24th April					
22nd May					
26th June	New Potatoes Seasonal Vegetables	Rice, Carrots Cauliflower	Rustic Roast Potatoes Jollof Rice, Broccoli Sweetcorn	Carrots Green Beans	Chips, Peas Baked Beans, Cucumber Sticks
4th Sept	Banana in Chocolate Custard 7 Mr Nourish Biscuit 1	Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1	Crispy Cake 3.7, 16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Lemon Drizzle Cake 1.9 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Caramel Cookie 1.7 Yoghurt 7 Fruit Pots
2nd Oct	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots
<b>WEEK 3</b>	Margherita Pizza 1.3, 7.9 V Loaded Cajun Bean Wedges 9 V Jackets with a Choice of Toppings 7.8, 9	Sweet & Sour Chicken Cheesy Pasta Bows 1.7 V Jackets with a Choice of Toppings 7.8, 9	Toad in the Hole 1.6, 7.9 Vegetable Toad in The Hole 1.7, 9 V Jackets with a Choice of Toppings 7.8, 9	Penne Bolognese 1 Rice & Bean Burrito 1 V 9 Jackets with a Choice of Toppings 7.8, 9	Fish Fingers 1.8 Cheesy Bean Slice 1.7 V Jackets with a Choice of Toppings 7.8, 9
1st May					
5th June					
3rd July	New Potatoes Sweetcorn Peppers	Rice, Cauliflower Carrots	Rustic Roast Potatoes Cabbage, Peas	Baked Wedges Seasonal Vegetables	Chips, Peas Baked Beans, Coleslaw 9
11th Sept	Ice Cream 7 Mr Nourish Biscuit 1	Jam Tart 1.6 & Custard 7 Mr Nourish Biscuit 1	Fruit Jelly Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Beetroot Cake 1.9 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Brownie 1.9 Yoghurt 7 Fruit Pots
9th Oct	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots
<b>WEEK 4</b>	Meatfree Meatballs & Pasta 1 V 9 Quorn Sausage & Bean Pie 1 V 9 Jackets with a Choice of Toppings 7.8, 9	Beef & Onion Pie 1 Cheesy Pasta Twists 1.7 V Jackets with a Choice of Toppings 7.8, 9	Roast Chicken & Gravy Vegan Sausage Roll 1 V 9 Jackets with a Choice of Toppings 7.8, 9	Chicken Fajitas 1.4 Tomato Spaghetti 1 V 9 Jackets with a Choice of Toppings 7.8, 9	Salmon Fish Cakes 1.7, 8 Margherita Pizza 1.3, 7.9 V Jackets with a Choice of Toppings 7.8, 9
8th May					
12th June					
10th July	Cauliflower Carrots	New Potatoes Seasonal Vegetables	Rustic Roast Potatoes Jollof Rice, Green Beans, Carrots	Rice, Sweetcorn, Side Salad	Chips, Peas Baked Beans, Carrot Sticks
18th Sept	Peach Crumble 1 & Custard 7 Mr Nourish Biscuit 1	Strawberry Pot 7 Mr Nourish Biscuit 1	Chocolate Cornflake Cake 3.7, 16 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Traybake Pancake 1.7, 9 & Berry Sauce Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Oaty Biscuit 1.15 Fruit Pots, Yoghurt 7
16th Oct	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots

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

