



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Chicken Pie 1 Mushroom & Lentil Stew VG Pesto & Pea Pasta 1,7 V Mashed Potato Cauliflower, Carrots Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1 Seasonal Vegetables Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Turkey & Gravy Broccoli Tots 1,7 V Arrabiata Pasta Shells 1 VG Rustic Roast Potatoes or Jollof Rice Cabbage, Peas Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Bolognaise Pasta Bake 1,7 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9 Green Beans Grated Carrots Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Vegan Sausage Roll 1 VG Cheese & Tomato Pasta 1,7 V Chips, Sweetcorn, Baked Beans Cucumber Sticks Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG
WEEK TWO	Caribbean Brown Chicken Chick Pea Jambalaya VG Tomato Spaghetti 1 VG Rice, Carrots, Peas Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Cheese & Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 7,8,9 Seasonal Vegetables Plum Pudding 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Ratatouille Puff 1,3 VG Cheesy Pasta Twists 1,7 V Rustic Roast Potatoes or Jollof Rice Broccoli, Carrots Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Beef Stew & Dumpling 1 Falafel Burger & Wedges 1,5 VG Jackets with a Choice of Toppings 7,8,9 Cauliflower, Green Beans Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Salmon Bites 1,8 Margherita Pizza 1,3,7 V Herby Tomato Pasta Twists 1 V Chips, Peas, Coleslaw 9 Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG
WEEK THREE	Macaroni Cheese 1,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9 Rice, Green Beans, Mixed Salad Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Pesto & Pea Penne 1,7 V Sweetcorn, Peppers Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Sausage 1,6 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Green Beans, Carrots Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Spaghetti Beef Bolognaise 1 Butternut Squash Risotto 7 V Herby Tomato Pasta 1 VG Seasonal Vegetables Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Cheese, Carrot & Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Grated Carrot Caramel Flapjack 1,7,15 V Yoghurt 3,7, Fruit Pots VG

Viridis

AVAILABLE DAILY

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 VG Vegan V Vegetarian

Selection of Salads **9**, Homemade Bread **1,3**. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

WE ♥ VEGGIES