



WEEK ONE

3 Nov
24 Nov
15 Dec
19 Jan
9 Feb
9 March
30 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Pie 1 Pesto & Pea Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9 Crushed 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 Gammon & Gravy Broccoli Tot 1,7 V Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, 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	Pork Sausages 1,6 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9 Chips, Sweetcorn, Baked Beans Cucumber Sticks Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG
Caribbean Brown Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9 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 Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli, Carrots Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V 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 Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Coleslaw 9 Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG
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 Jackets with a Choice of Toppings 7,8,9 Sweetcorn, Peppers Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Pork & Gravy Vegan Sausage Roll 1 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	Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 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

WEEK THREE

17 Nov
8 Dec
12 Jan
2 Feb
2 March
23 March

Primary 3

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.

