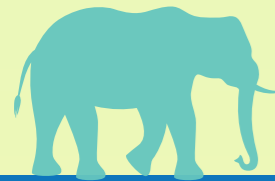


WEEKLY MENU

LET'S **SAVE THE WORLD** TOGETHER



WEEK 1

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

WEEK 2

22ND APR . 20TH MAY
24TH JUNE . 22ND JULY
9TH SEPT . 7TH OCT

WEEK 3

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

WEEK 4

6TH MAY . 10TH JUNE
8TH JULY . 23RD SEPT
21ST OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & Tomato Pinwheel 1,7 V Sweet Potato & Bean Pie VG Jackets with a Choice of Toppings 7,8,9 Baked Potato Wedges, Peas, Carrots Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit Pots VG	Beef & Onion Pie 1 Cheesy Pasta Twists 1,7 V Jackets with a Choice of Toppings 7,8,9 New Potatoes, Seasonal Vegetables Strawberry Mousse 7, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Roast Gammon & Gravy Bean Chilli with Baked Tortilla Chips 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Broccoli, Sweetcorn Cornflake Cookie 1,7, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Chicken Fajitas 1,4 Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9 Rice, Cauliflower, Carrots Traybake Pancake 1,7,9 & Berry Sauce Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit Pots VG	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
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 VG Yoghurt 3,7, Fruit Pots VG	BBQ Pulled Pork Loaded Wedges Herby Tomato Penne Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 Sweetcorn, Courgettes Chocolate Pudding 1,9 & Chocolate Sauce 7 Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit Pots VG	Roast Chicken & Gravy BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Cabbage, Carrots Fruit Jelly VG, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Macaroni Cheese 1,7 V Vegetable Hot Pot 16 VG Jackets with a Choice of Toppings 7,8,9 Carrots, Green Beans, Garlic Bread 1,3,7,9 Peach Sponge 1,9 Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit Pots VG	Chicken Bites 1 Cheese & Spinach Pinwheel 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Coleslaw 9 Ginger Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG
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 VG & Custard 7, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Sausage Roll 1,6 Quorn Sausage & Gravy 1 VG Jackets with a Choice of Toppings 7,8,9 Mashed Potato, Baked Beans, Broccoli Banana & Toffee Cake 1,7,9, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Roast Pork & Gravy Samosa Puff 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Green Beans, Carrots Crispy Cake 3,7,16, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Margherita Pizza 1,3,7,9 V Loaded Cajun Bean Wedges VG Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1, Sweetcorn, Peppers Lemon Drizzle Cake 1,9 Mr Nourish Biscuit 1 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 VG
Jerk Chicken Tomato & Herb Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 Sunshine Rice, Cauliflower, Carrots Ice Cream & Mandarins 7, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Singapore Noodles 1,3,16 VG Cheese & Bean Wrap Pocket 1,7 V Jackets with a Choice of Toppings 7,8,9 New Potatoes, Seasonal Vegetables Jam Tart 1,6 VG & Custard 7, Mr Nourish Biscuit 1 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, Cabbage, Peas Fruit Jelly VG, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Penne Bolognese 1 Rice & Bean Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 Baked Wedges, Green Beans Sweetcorn, Garlic Bread 1,3,7,9 Beetroot Cake 1,9, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 Vegetable Pastie 1 VG Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Coleslaw 9 Vegan Brownie 1 VG Yoghurt 3,7, Fruit Pots VG

KEY:
VG Vegan V Vegetarian

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.



3K
LOOK OUT FOR OUR THEMED DAYS!



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