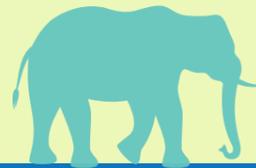


# WEEKLY MENU

LET'S **SAVE THE WORLD** TOGETHER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	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
<b>WEEK 2</b>	Chicken Pie 1 Pesto Pasta Bake 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	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
<b>WEEK 3</b>	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
<b>WEEK 4</b>	Jerk Chicken Tomato & Herb Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 Sunshine Rice, Cauliflower, Carrots Chocolate Mousse 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 SERVERIES

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