

WEEKLY MENU



SEPT TO OCT 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 4th Sept 2nd Oct	<ul style="list-style-type: none"> ● Macaroni Cheese 1.7 ● Vegetable Hot Pot ● Jackets with a Choice of Toppings 7.8 <p>Green Beans Carrots</p> <p>Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots</p>	<ul style="list-style-type: none"> ● BBQ Pulled Chicken in a Bun 1.5 ● Herby Tomato Penne Pasta 1 ● Jackets with a Choice of Toppings 7.8 <p>Rainbow Rice, Sweetcorn, Courgette</p> <p>Chocolate Pudding 1.9 Chocolate Sauce 7 Mr Nourish Biscuit 1 Fruit Pots</p>	<ul style="list-style-type: none"> ● Chicken Pie 1 ● Arabiatta Pasta Twists 1 ● Jackets with a Choice of Toppings 7.8 <p>New Potatoes, Seasonal Vegetables</p> <p>Peach Sponge 1.9 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots</p>	<ul style="list-style-type: none"> ● Roast Turkey & Gravy ● Cheesy Vegetable Burrito 1.7 ● Jackets with a Choice of Toppings 7.8 <p>Rustic Roast Potatoes Jollof Rice, Cabbage, Carrots</p> <p>Fruit Jelly, Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots</p>	<ul style="list-style-type: none"> ● Fish Fingers 1.8 ● Cheese & Spinach Pinwheel 1.7 ● Jackets with a Choice of Toppings 7.8 <p>Chips, Peas Baked Beans, Coleslaw</p> <p>Banana Bar 1.15 Yoghurt 7 Fruit Pots</p>
WEEK 2 11th Sept 9th Oct	<ul style="list-style-type: none"> ● Vegetable Pie 1 ● Cheese & Bean Wrap Pocket 1.7 ● Jackets with a Choice of Toppings 7.8 <p>New Potatoes Seasonal Vegetables</p> <p>Banana in Chocolate Custard 7 Mr Nourish Biscuit 1 Fruit Pots</p>	<ul style="list-style-type: none"> ● Sweet Chicken Curry ● Pea & Pesto Pasta 1.7 ● Jackets with a Choice of Toppings 7.8 <p>Rice, Carrots, Cauliflower</p> <p>Apple Crumble 1 Custard 7 Mr Nourish Biscuit 1 Fruit Pots</p>	<ul style="list-style-type: none"> ● Shepherds Pie ● Cheesy Pasta Twists 1.7 ● Jackets with a Choice of Toppings 7.8 <p>Carrots, Green Beans</p> <p>Lemon Drizzle Cake 1.9 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots</p>	<ul style="list-style-type: none"> ● Roast Chicken & Gravy ● Caribbean Pasty 1 ● Jackets with a Choice of Toppings 7.8 <p>Rustic Roast Potatoes Jollof Rice, Broccoli, Sweetcorn</p> <p>Crispy Cake 3,7,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7</p>	<ul style="list-style-type: none"> ● Chicken Goujons 1 ● Vegetable Burger in a Bun 1.5 ● Jackets with a Choice of Toppings 7.8 <p>Chips, Peas Baked Beans, Cucumber Sticks</p> <p>Caramel Cookie 1.7 Yoghurt 7 Fruit Pots</p>
WEEK 3 18th Sept 16th Oct	<ul style="list-style-type: none"> ● Margherita Pizza 1,3,7 ● Loaded Cajun Bean Wedges ● Jackets with a Choice of Toppings 7.8 <p>New Potatoes, Sweetcorn Peppers</p> <p>Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots</p>	<ul style="list-style-type: none"> ● Sweet & Sour Chicken ● Cheesy Pasta Bows 1.7 ● Jackets with a Choice of Toppings 7.8 <p>Rice, Cauliflower, Carrots</p> <p>Jam Tart 1.6 Custard 7 Mr Nourish Biscuit 1 Fruit Pots</p>	<ul style="list-style-type: none"> ● Penne Turkey Bolognese 1 ● Rice & Bean Burrito 1 ● Jackets with a Choice of Toppings 7.8 <p>Baked Wedges Seasonal Vegetables</p> <p>Beetroot Cake 1.9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7</p>	<ul style="list-style-type: none"> ● Roast Beef & Gravy ● Cauliflower & Broccoli Cheese 1.7 V ● Jackets with a Choice of Toppings 7.8 <p>Rustic Roast Potatoes Cabbage, Peas</p> <p>Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7</p>	<ul style="list-style-type: none"> ● Fish Fingers 1.8 ● Cheesy Bean Slice 1.7 ● Jackets with a Choice of Toppings 7.8 <p>Chips, Peas Baked Beans, Coleslaw</p> <p>Brownie 1.9 Yoghurt 7 Fruit Pots</p>
WEEK 4 25th Sept 23rd Oct	<ul style="list-style-type: none"> ● Arrabiatta Penne Pasta 1 Vg ● Shepherdess Pie Vg ● Jackets with a Choice of Toppings 7.8 <p>Cauliflower, Carrots</p> <p>Peach Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots</p>	<ul style="list-style-type: none"> ● Moussaka 1.7 ● Cheesy Pasta Twists 1.7 ● Jackets with a Choice of Toppings 7.8 <p>New Potatoes Seasonal Vegetables</p> <p>Strawberry Pot 7 Mr Nourish Biscuit 1 Fruit Pots</p>	<ul style="list-style-type: none"> ● Chicken Fajitas 1.4 ● Tomato Spaghetti 1 ● Jackets with a Choice of Toppings 7.8 <p>Rice, Sweetcorn, Side Salad</p> <p>Traybake Pancake 1,7,9 Berry Sauce Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7</p>	<ul style="list-style-type: none"> ● Roast Chicken & Gravy ● Vegan Sausage Roll 1 ● Jackets with a Choice of Toppings 7.8 <p>Rustic Roast Potatoes Jollof Rice, Green Beans, Carrots</p> <p>Chocolate Cornflake Cake 16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7</p>	<ul style="list-style-type: none"> ● Salmon Fish Cakes 1,7,8 ● Margherita Pizza 1,3,7 ● Jackets with a Choice of Toppings 7.8 <p>Chips, Peas Baked Beans, Carrot Sticks</p> <p>Oaty Biscuit 1,15 Yoghurt 7 Fruit Pots</p>

THE TOPPINGS FOR THE JACKET POTATOES ARE BAKED BEANS, CHEESE 7 OR TUNA & VEGAN MAYONNAISE 8

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

