



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	Chicken Biryani VG Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9	Roast Beef & Gravy Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9	Beef Bolognaise Pasta 1 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9
Crushed Potato Cauliflower, Carrots	Rainbow Pasta 1 Seasonal Vegetables	Rustic Roast Potatoes, Cabbage, Peas	Green Beans Grated Carrots	Chips, Corn on the Cob, Baked Beans Cucumber Sticks
Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG

WEEK TWO

10 Nov
1 Dec
5 Jan
26 Jan
23 Feb
16 March

Caribbean Brown Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9	Sausage Roll 1,6 Cheese & Broccoli Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 7,8,9	Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9
Rice, Carrots, Peas	Seasonal Vegetables Diced Potatoes	Rustic Roast Potatoes Broccoli, Carrots	Cauliflower, Green Beans	Chips, Peas, Coleslaw 9
Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Plum Pudding 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG

WEEK THREE

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

Chicken, Sweet Potato & Chick Pea Curry VG Macaroni Cheese 1,7 V Jackets with a Choice of Toppings 7,8,9	Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9	Roast Pork & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9	Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Cheese & Bean Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9
Rice, Green Beans, Mixed Salad	Sweetcorn, Peppers	Rustic Roast Potatoes, Green Beans, Carrots	Seasonal Vegetables	Chips, Peas, Baked Beans, Grated Carrot
Peach Cake 1,9 & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Caramel Flapjack 1,7,15 V Yoghurt 3,7 , Fruit Pots VG

Primary 3 Cath

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.

