WEEKLY MENU **lóur**ish contract catering Apr to Oct 2023 REMEMBER ... RECEPTION, YEAR 1 & YEAR 2 ARE ENTITLED TO FREE SCHOOL MEALS. THIS EXCLUDES INDEPENDENT SCHOOLS. TUESDAY WEDNESDAY MONDAY THURSDAY FRIDAY Fish Fingers 1,8 Macaroni Cheese 1.7 V **BBQ** Pulled Pork in a Roast Chicken & Gravy Chicken Pie 1 WEEK1 Cheese & Spinach Vegetable Hot Pot Vg Bun 7 **Cheesy Vegetable** Vegetable Lasagne o Pasta 1,7V Vegan Burger in a Bun Pinwheel 1,7V 1,7,9V Burrito 1,7V 1,5Vg omato Penne 1Vg Jacket Potato with a 17th April Vegetable Twists 1Vg Cheese Fusilli 1,7V Herby Ton Jacket Potato with a Choice of Toppings Jacket Potato with a Jacket Potato with a Choice of Toppings 1 Wheat 15th May Spaghetti 1Vg 7,8,9 Choice of Toppings Choice of Toppings Jacket Potato with a Gluten 7,8,9 7,8,9 789 19th June 2Crustaceans Seasonal Vegetables **Choice of Toppings** 3 Soybean 7,8,9 New Potatoes Chips, Peas, **Roast Potatoes** 4 Mustard 17th July Rice Baked Beans Seasonal Vegetables Ice Cream 7 Seasonal Vegetables 5 Sesame Seasonal Vegetables Mr Nourish Biscuit 1 6 Sulphites 25th Sept Chocolate Pudding 1,9 Brownie 1.9 Peach Sponge 1,9 Sulphur Mr Nourish Biscuit 1 dioxide 7 Milk & Chocolate Sauce 7 Yoghurt 7 23rd Oct Yoghurt 7 Yoghurt 7 Mr Nourish Biscuit 1 8 Fish 9 Egg Vegetable Pie 1Vg Sweet Chicken Curry Roast Pork & Gravy Cottage Pie Chicken Goujons 1 WEEK 2 9 Lyg 10 Peanuts 11 Molluscs Cheese & Bean Wrap Vegetable Noodle Stir Caribbean Pasty 1Vg Shepherdess Pie 3Vg Omelette 9V Pocket 1.7V Fry 1,3,9,16V Pesto Pasta 1,7V Tomato Twists 1Vg Cheese & Tomato 12 Celery Macaroni Cheese 1,7 V Jacket Potato with a Jacket Potato with a 24th April Pasta Bake 1.7V Celeriac Spaghetti 1Vg Jacket Potato with a Choice of Toppings Choice of Toppings Jacket Potato with a 13 Nuts Jacket Potato with a Choice of Toppings 7.8.9 7,8,9 Choice of Toppings 14 Lupins 22nd May Choice of Toppings 7,8,9 15 Oat Gluten 7,8,9 16 Barley 7,8,9 Roast Potatoes 26th June Gluten New Potatoes Rice Roast Potatoes Seasonal Vegetables Chips, Peas, Seasonal Vegetables Seasonal Vegetables Seasonal Vegetables **Baked Beans** 4th Sept Banana in Chocolate Apple Crumble 1 & Lemon Drizzle Cake Crispy Cake 3,7,16 Caramel Cookie 1,7 Custard 7 Custard 7 1,9 2nd Oct Mr Nourish Biscuit 1 Mr Nourish Biscuit 1 Mr Nourish Biscuit 1 Yoghurt 7 Yoghurt 7 Allergen Margherita Pizza Sweet & Sour Pork Toad in the Hole 1,6,7,9 Penne Bolognaise 1 Fish Fingers 1,8 WEEK 3 1,3,7,9V Sweet Potato & Vegetable Toad in the Rice & Bean Burrito **Cheesy Bean Slice** Cajun Bean Wedges Chickpea Curry Vg 1Va 1,7V Hole 1,7,9V Tomato Fusilli 1Vg Vg 1st May Vegetable Pasta 1Vg Cheese & Tomato Pesto Penne 1,7V Pasta Bake 1,7V 1,7V Jacket Potato with a Jacket Potato with a Jacket Potato with a Jacket Potato with a Choice of Toppings Jacket Potato with a Choice of Toppings 5th June **Choice of Toppings** Choice of Toppings Choice of Toppings 7,8,9 7.8.9 7,8,9 7,8,9 7.8.9 **3rd July** Chins Peas Rice **Roast Potatoes** Potato Wedges Seasonal Vegetables Potato Wedges Baked Beans Seasonal Vegetables 11th Sept Seasonal Vegetables Jam Tart 1,6 & Seasonal Vegetables Ice Cream 7 Custard 7 Mr Nourish Biscuit 1 Beetroot Cake 1,9 Banana Bar 1,15 Mr Nourish Biscuit 1 9th Oct Mr Nourish Biscuit 1 Mr Nourish Biscuit 1 Yoghurt 7 Yoghurt 7 Chicken Fajitas 1,4 Meatfree Meatballs & Beef & Onion Pie 1 Roast Gammon & Sausages 1,6 WEEK 4 Pasta 1Vg Cheesy Pitta 1,7V Gravy Cajun Vegetable & Quorn Sausages 1Vg Vegan Sausage Roll Margherita Pizza Tomato Bows 1Vg Bean Fajitas 1,4Vg 8th May 1,3,7,9V Jacket Potato with a 1Vg Tomato Spaghetti 1Vg 1Vg Jacket Potato with a Pesto Pasta 1,7Vg Choice of Toppings Vegetable Pa 1Va Jacket Potato with a Jacket Potato with a Choice of Toppings Jacket Potato with a 7,8,9 Choice of Toppings 12th June 7,8,9 Choice of Toppings Choice of Toppings 7.8.9 Chips, Peas, 7.8.9 New Potatoes 7.8.9 Rice 10th July Potato Wedges Baked Beans Roast Potatoes Seasonal Vegetables Seasonal Vegetables Seasonal Vegetables Seasonal Vegetables Traybake Pancake 18th Sept Peach Crumble 1 & Oatie Biscuit 1,15 Chocolate Cornflake 1,7,9 & Berry Sauce Strawberry Pot 7 Custard 7 Cake 3,7,16 Yoghurt 7 Yoghurt 7 Mr Nourish Biscuit 1 16th Oct Mr Nourish Biscuit 1 Yoghurt 7

Key: Vg Vegan, V Vegetarian

Also Offered Daily: Selection of Salads 9, Homemade Bread 1,3,7,9, Fruit Pots, Jelly and Milk