



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 Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9 Crushed Potato Cauliflower, Carrots Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1 Seasonal Vegetables Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Gammon & Gravy Vegan Sausage Roll 1 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	Spaghetti Bolognaise & Garlic Bread 1,3 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9 Green Beans Grated Carrots Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Fish Fingers 1,8 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9 Chips, Sweetcorn, Baked Beans 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

Chicken Curry Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9 Rice, Carrots, Peas Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Cheesy Pasta Bake & Garlic Bread 1,3,7 V BBQ Bean Wedges VG Jackets with a Choice of Toppings 7,8,9 Seasonal Vegetables Plum Sponge 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli, Carrots Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Beef Stew & Dumpling 1 Pesto Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9 Cauliflower, Green Beans Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Salmon Bites 1,8 Cheese & Sweetcorn Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Mixed Salad Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG
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WEEK THREE

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

Cheese Penne & Garlic Bread 1,3,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9 Rice, Green Beans, Mixed Salad Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 Sweetcorn, Peppers Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Sausages & Yorkshire Pudding 1,7,9 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Green Beans, Carrots Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Beef Cottage Pie Herby Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9 Seasonal Vegetables Lemon Drizzle Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7 , Fruit Pots VG	Fish Fingers 1,8 Cheese, Carrot & Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Grated Carrot Caramel Flapjack 1,7,15 V Yoghurt 3,7 , Fruit Pots VG
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Norfolk 3

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.

AVAILABLE
DAILY

