



WEEK ONE

3 Nov  
24 Nov  
15 Dec  
19 Jan  
9 Feb  
9 March  
30 March

| MONDAY                                                                                                   | TUESDAY                                                                                                       | WEDNESDAY                                                                                            | THURSDAY                                                                                                                       | FRIDAY                                                                                                    |
|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Chicken Pie <b>1</b><br>Pesto & Pea Pasta <b>1,7 V</b><br>Jackets with a Choice of Toppings <b>7,8,9</b> | Margherita Pizza <b>1,3,7 V</b><br>Bean Biryani <b>VG</b><br>Jackets with a Choice of Toppings <b>7,8,9</b>   | Roast Gammon & Gravy<br>Broccoli Tots <b>1,7 V</b><br>Jackets with a Choice of Toppings <b>7,8,9</b> | Beef Bolognaise Pasta Bake <b>1,7</b><br>Loaded Bean Chilli Wedges <b>VG</b><br>Jackets with a Choice of Toppings <b>7,8,9</b> | Pork Sausages <b>1,6</b><br>Vegetable Sausage <b>VG</b><br>Jackets with a Choice of Toppings <b>7,8,9</b> |
| Crushed Potato<br>Cauliflower,<br>Carrots                                                                | Rainbow Pasta <b>1</b><br>Seasonal Vegetables                                                                 | Rustic Roast Potatoes,<br>Cabbage,<br>Peas                                                           | Green Beans<br>Grated Carrots                                                                                                  | Chips,<br>Sweetcorn, Baked Beans<br>Cucumber Sticks                                                       |
| Strawberry Mousse <b>7</b><br>Mr Nourish Biscuit <b>1 VG</b><br>Fruit Pots <b>VG</b>                     | Toffee Apple Pudding <b>1 VG</b> & Custard <b>7</b><br>Mr Nourish Biscuit <b>1 VG</b><br>Fruit Pots <b>VG</b> | Fruit Jelly <b>VG</b><br>Mr Nourish Biscuit <b>1 VG</b><br>Yoghurt <b>3,7</b> , Fruit Pots <b>VG</b> | Parsnip Brownie <b>1 VG</b><br>Mr Nourish Biscuit <b>1 VG</b><br>Yoghurt <b>3,7</b> , Fruit Pots <b>VG</b>                     | Oaty Cookie <b>1,15 VG</b><br>Yoghurt <b>3,7</b><br>Fruit Pots <b>VG</b>                                  |

WEEK TWO

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

|                                                                                                           |                                                                                                                                                |                                                                                                            |                                                                                                                      |                                                                                                              |
|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| Caribbean Brown Chicken<br>Tomato Spaghetti <b>1 VG</b><br>Jackets with a Choice of Toppings <b>7,8,9</b> | Cheese & Broccoli Pasta Bake <b>1,7 V</b><br>Buffalo Cauliflower Wings<br>& Wedges <b>VG</b><br>Jackets with a Choice of Toppings <b>7,8,9</b> | Roast Chicken & Gravy<br>Ratatouille Puff <b>1,3 VG</b><br>Jackets with a Choice of Toppings <b>7,8,9</b>  | Beef Stew & Dumpling <b>1</b><br>Pesto Pasta Bake <b>1,7 V</b><br>Jackets with a Choice of Toppings <b>7,8,9</b>     | Salmon Bites <b>1,8</b><br>Margherita Pizza <b>1,3,7 V</b><br>Jackets with a Choice of Toppings <b>7,8,9</b> |
| Rice,<br>Carrots,<br>Peas                                                                                 | Seasonal Vegetables                                                                                                                            | Rustic Roast Potatoes<br>Broccoli,<br>Carrots                                                              | Cauliflower,<br>Green Beans                                                                                          | Chips,<br>Peas,<br>Coleslaw <b>9</b>                                                                         |
| Chocolate Ice Cream <b>7</b><br>Mr Nourish Biscuit <b>1 VG</b><br>Fruit Pots <b>VG</b>                    | Plum Pudding <b>1VG</b> & Custard <b>7</b><br>Mr Nourish Biscuit <b>1 VG</b><br>Fruit Pots <b>VG</b>                                           | Crispy Cake <b>1,3,7,16</b><br>Mr Nourish Biscuit <b>1 VG</b><br>Yoghurt <b>3,7</b> , Fruit Pots <b>VG</b> | Apple & Cinnamon Pinwheel <b>1 VG</b><br>Mr Nourish Biscuit <b>1 VG</b><br>Yoghurt <b>3,7</b> , Fruit Pots <b>VG</b> | Marble Cookie <b>1 VG</b><br>Yoghurt <b>3,7</b><br>Fruit Pots <b>VG</b>                                      |

WEEK THREE

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

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

Primary 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

