

WEEKLY MENU



MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

WEEK 1

15TH APR
13TH MAY
17TH JUNE
15TH JULY
2ND SEPT
30TH SEPT

Cheese & Tomato Pinwheel 1,7 V
Sweet Potato & Bean Pie VG
Jackets with a Choice of Toppings 7,8,9
Baked Potato Wedges
Peas, Carrots
Peach Crumble 1 VG & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Beef & Onion Pie 1
Potato Nachos with Bean & Tomato Topping 7 V
Cheesy Pasta Twists 1,7 V
New Potatoes
Seasonal Vegetables
Strawberry Mousse 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Roast Chicken & Gravy
Vegetable Chili with Baked Tortilla Chips 1 VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Broccoli, Sweetcorn
Cornflake Cookie 1,7
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Chicken Fajitas 1,4
Vegetable Fajita 1 VG
Tomato Spaghetti 1 VG
Rice, Cauliflower
Carrots
Traybake Pancake 1,7,9 & Berry or Chocolate Sauce
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Margherita Pizza 1,3,7,9 V
Salmon Pasta 1,7,8
Jackets with a Choice of Toppings 7,8,9
Chips, Peas
Baked Beans, Carrot Sticks
Oaty Biscuit 1,15 VG
Yoghurt 3,7
Fruit Pots VG

WEEK 2

22ND APR
20TH MAY
24TH JUNE
22ND JULY
9TH SEPT
7TH OCT

Chicken Pie 1
Pesto Pasta Bake 1,7 V
Jackets with a Choice of Toppings 7,8,9
New Potatoes
Seasonal Vegetables
Ice Cream 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

BBQ Pulled Chicken Loaded Wedges
Chinese Vegetable Noodles 1,3,16 V
Herby Tomato Penne Pasta 1 VG
Sweetcorn
Courgettes
Chocolate Pudding 1,9 & Chocolate Sauce 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Roast Turkey & Gravy
BBQ Vegetable Burrito 1 VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Cabbage, Carrots
Fruit Jelly VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Macaroni Cheese 1,7 V
Vegetable Hot Pot VG
Jackets with a Choice of Toppings 7,8,9
Carrots, Green Beans
Garlic Bread 1,3,7,9
Peach Sponge 1,9
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8
Cheese & Spinach Pinwheel 1,7 V
Arrabiata Pasta 1 VG
Chips, Peas
Baked Beans
Coleslaw 9
Ginger Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

WEEK 3

29TH APR
3RD JUNE
1ST JULY
16TH SEPT
14TH OCT

Sweet Chicken Curry
Cheesy Pasta 1,7 V
Jackets with a Choice of Toppings 7,8,9
Rice, Seasonal Vegetables
Herby Bread 1,3,7,9
Apple Crumble 1 VG & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Sausage Roll 1,6
Quorn Sausage & Gravy 1 VG
Cheese & Tomato Pasta Bake 1,7 V
Mashed Potato
Baked Beans, Broccoli
Banana & Toffee Cake 1,9
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Roast Chicken & Gravy
Samosa Puff 1 VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Green Beans, Carrots
Crispy Cake 3,7,16
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Margherita Pizza 1,3,7,9 V
Loaded Cajun Bean Wedges VG
Pesto & Pea Pasta 1,7 V
New Potatoes
Sweetcorn, Peppers
Lemon Drizzle Cake 1,9
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Chicken Bites 1
Summer Frittata 7,9 V
Jackets with a Choice of Toppings 7,8,9
Chips, Peas
Baked Beans, Cucumber Sticks
Caramel Cookie 1,7
Yoghurt 3,7
Fruit Pots VG

WEEK 4

6TH MAY
10TH JUNE
8TH JULY
23RD SEPT
21ST OCT

Jerk Chicken
Coconut & Squash Dhansak VG
Tomato & Herb Pasta 1 VG
Sunshine Rice
Cauliflower, Carrots
Ice Cream 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Singapore Noodles 1,3,16 VG
Cheese & Bean Wrap Pocket 1,7 V
Jackets with a Choice of Toppings 7,8,9
New Potatoes
Seasonal Vegetables
Jam Tart 1,6 VG & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Roast Chicken & Gravy
Vegetable Toad In The Hole 1,7,9 V
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Cabbage, Peas
Fruit Jelly VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Penne Beef Bolognese 1
Rice & Bean Burrito 1 VG
Jackets with a Choice of Toppings 7,8,9
Baked Wedges, Green Beans
Sweetcorn, Garlic Bread 1,3,7,9
Beetroot Cake 1,9
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8
Vegetable Pastie 1 VG
Pesto Penne 1,7 V
Chips, Peas
Baked Beans
Coleslaw 9
Vegan Brownie 1 VG
Yoghurt 3,7, Fruit Pots VG

KEY:
VG Vegan
V Vegetarian

AVAILABLE DAILY:

Selection of Salads 9,
Homemade Bread 1,3,7,9.

Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.



LOOK OUT FOR OUR THEMED DAYS!

LEWISHAM



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