

Week One

31st December, 21st January,
11th February, 11th March & 1st April

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet Chilli Chicken & Noodles ^{1,9}	Minced Beef & Onion Pie ¹ with Mashed Potato	Roast Pork & Gravy	Beef Stew & Dumpling ¹	Battered Fish ^{1,4,7,8}
Vegetable Curry, Rice & Naan Bread ^{1,3,7}	Mediterranean Penne Bake ^{1,7}	Chick Pea & Vegetable Parcel ¹	Tomato Fusilli ¹	Sausages ^{1,6}
Sweetcorn	Green Beans	Roast Potatoes, Cabbage & Swede	Carrots	Spinach & Cream Cheese Cannelloni ^{1,7}
Toffee Apple Cake & Custard ⁷	Chocolate Brownie ^{1,9}	Jam Sponge & Custard ⁷	Krispy Cake ^{7,16}	Chunky Chips & Baked Beans
Fruit, Cookies ^{1,7} & Yoghurts ⁷	Fruit, Cookies ^{1,7} & Yoghurts ⁷	Fruit, Cookies ^{1,7} & Yoghurts ⁷	Fruit, Cookies ^{1,7} & Yoghurts ⁷	Caramel Cookie ^{1,7}
				Fruit, Cookies ^{1,7} & Yoghurts ⁷

Week Two

7th January, 28th January,
25th February & 18th March

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Stroganoff & Rice ⁷	Hunters Chicken ⁷ with Baked Wedges	Roast Gammon & Gravy	Cottage Pie	Battered Fish ^{1,4,7,8}
Shepherdess Pie ⁹	Vegetable Biryani	Roast Quorn Fillet ⁹	Winter Cobbler ¹	Cheese & Onion Quiche ^{1,7,9}
Sweetcorn	Peas	Roast Potatoes, Cabbage & Carrots	Green Beans	Vegetable Sausage Roll ^{1,12}
Rice Pudding & Jam ^{6,7}	Syrup Sponge & Custard ⁷	Jam & Coconut Tart ^{1,6}	Chocolate & Pear Sponge ^{1,9} & Sauce ⁷	Chunky Chips & Baked Beans
Fruit, Cookies ^{1,7} & Yoghurts ⁷	Fruit, Cookies ^{1,7} & Yoghurts ⁷	Fruit, Cookies ^{1,7} & Yoghurts ⁷	Fruit, Cookies ^{1,7} & Yoghurts ⁷	Coconut Cookie ^{1,6,15}
				Fruit, Cookies ^{1,7} & Yoghurts ⁷

Nourish

contract catering

Week Three

14th January, 4th February,
4th March & 25th March

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Curry, Rice & Naan Bread ^{1,3,7}	Sausages & Onion Gravy ^{1,6} & Mashed Potato	Roast Chicken & Gravy	Cheesy Ham & Leek Pie ^{1,7}	Battered Fish ^{1,4,7,8}
Macaroni Cheese ^{1,7}	Tuna Pasta Bake ^{1,7,8}	Brie & Cranberry Puff ^{1,7}	Vegetable Moussaka ^{1,7}	Chicken Goujons ¹
Cauliflower	Peas	Rustic Roast, Carrots & Cabbage	New Potatoes & Broccoli	Sweet Pepper & Bean Wrap ¹
Banana Bar ^{1,15}	Apple Crumble ¹ & Custard ⁷	Iced Bun ^{1,5}	Ginger Pudding & Lemon Sauce ^{1,7,9}	Chunky Chips & Beans
Fruit, Cookies ^{1,7} & Yoghurts ⁷	Fruit, Cookies ^{1,7} & Yoghurts ⁷	Fruit, Cookies ^{1,7} & Yoghurts ⁷	Fruit, Cookies ^{1,7} & Yoghurts ⁷	Flapjack ¹⁵
				Fruit, Cookies ^{1,7} & Yoghurts ⁷

Canteen Menu

Freshly made jacket potatoes & toppings, sandwiches, baguettes, paninis & salads available daily.

Allergen code: (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
Key: 🌱 Seasonal, Local Fruit & Veg 🌿 Organic Foods

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

Canteen Meal Deals

MEAL DEAL ONE

PETIT PAIN
SMALL WATER/
CALYPSO JUICE
COOKIE


£2.40

MEAL DEAL TWO

BAGUETTE OR
BLOOMER
&
WATER/
CALYPSO JUICE


£2.40

MEAL DEAL THREE

MAIN/GRAB & GO/
JACKET POTATO
& FILLING
DESSERT/
YOGHURT/
WHOLE FRUIT


£2.40