



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>Chicken Pie 1 Pesto & Pea Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Crushed Potato Cauliflower, Carrots</p> <p>Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rainbow Pasta 1 Seasonal Vegetables</p> <p>Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Turkey & Gravy Broccoli Tot 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes, Cabbage, Peas</p> <p>Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Beef Bolognaise Pasta Bake 1,7 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9</p> <p>Green Beans Grated Carrots</p> <p>Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Chicken Sausages 1,6 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Sweetcorn, Baked Beans Cucumber Sticks</p> <p>Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG</p>
WEEK TWO	<p>Caribbean Brown Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice, Carrots, Peas</p> <p>Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Cheese & Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Plum Pudding 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes Broccoli, Carrots</p> <p>Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Cauliflower, Green Beans</p> <p>Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Salmon Bites 1,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Coleslaw 9</p> <p>Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG</p>
WEEK THREE	<p>Macaroni Cheese 1,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rice, Green Beans, Mixed Salad</p> <p>Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Sweetcorn, Peppers</p> <p>Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG</p>	<p>Savoury Minced Beef & Yorkshire Puddings 1,7,9 Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Rustic Roast Potatoes, Green Beans, Carrots</p> <p>Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9</p> <p>Seasonal Vegetables</p> <p>Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG</p>	<p>Fish Fingers 1,8 Cheese, Carrot & Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9</p> <p>Chips, Peas, Baked Beans, Grated Carrot</p> <p>Caramel Flapjack 1,7,15 V Yoghurt 3,7, Fruit Pots VG</p>

Primary 3 NP

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

**AVAILABLE
DAILY**

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.

