



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 3 Nov 24 Nov 15 Dec 19 Jan 9 Feb 9 March 30 March	Chicken Pie 1 Jackets with a Choice of Toppings 8,9 Crushed Potato Cauliflower, Carrots Mr Nourish Biscuit 1 VG Fruit Pots VG	Bean Biryani VG Jackets with a Choice of Toppings 8,9 Rainbow Pasta 1 Seasonal Vegetables Toffee Apple Pudding 1 VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Gammon & Gravy Jackets with a Choice of Toppings 8,9 Rustic Roast Potatoes, Cabbage, Peas Fruit Jelly VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Beef Bolognese Pasta 1 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 8,9 Green Beans Grated Carrots Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Pork Sausages 1,6 Vegetable Sausage VG Jackets with a Choice of Toppings 8,9 Chips, Sweetcorn, Baked Beans Cucumber Sticks Oaty Cookie 1,15 VG Fruit Pots VG
WEEK TWO 10 Nov 1 Dec 5 Jan 26 Jan 23 Feb 16 March	Caribbean Brown Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 8,9 Rice, Carrots, Peas Mr Nourish Biscuit 1 VG Fruit Pots VG	Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 8,9 Seasonal Vegetables Plum Pudding 1VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 8,9 Rustic Roast Potatoes Broccoli, Carrots Mr Nourish Biscuit 1 VG Fruit Pots VG	Beef Stew & Dumpling 1 Jackets with a Choice of Toppings 8,9 Cauliflower, Green Beans Apple & Cinnamon Pinwheel 1 VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Salmon Bites 1,8 Jackets with a Choice of Toppings 8,9 Chips, Peas, Coleslaw 9 Marble Cookie 1 VG Fruit Pots VG
WEEK THREE 17 Nov 8 Dec 12 Jan 2 Feb 2 March 23 March 27 Oct	Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 8,9 Rice, Green Beans, Mixed Salad Peach Crumble 1 VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 8,9 Sweetcorn, Peppers Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Pork & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 8,9 Rustic Roast Potatoes, Green Beans, Carrots Fruit Jelly VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 8,9 Seasonal Vegetables Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Fruit Pots VG	Fish Fingers 1,8 Jackets with a Choice of Toppings 8,9 Chips, Peas, Baked Beans, Grated Carrot Fruit Pots VG

Primary 3 DF

AVAILABLE
DAILY

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.

