



|                   | MONDAY                                                                                                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                                                                                                               |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>WEEK ONE</b>   | <p>Chicken Pie <b>1</b><br/>Pesto &amp; Pea Pasta <b>1,7 V</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Crushed Potato<br/>Cauliflower,<br/>Carrots</p> <p>Strawberry Mousse <b>7</b><br/>Mr Nourish Biscuit <b>1 VG</b><br/>Fruit Pots <b>VG</b></p>                                    | <p>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></p> <p>Rainbow Pasta <b>1</b><br/>Seasonal Vegetables</p> <p>Toffee Apple Pudding <b>1 VG</b> &amp; Custard <b>7</b><br/>Mr Nourish Biscuit <b>1 VG</b><br/>Fruit Pots <b>VG</b></p>         | <p>Roast Gammon &amp; Gravy<br/>Broccoli Tots <b>1,7 V</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Rustic Roast Potatoes,<br/>Cabbage,<br/>Peas</p> <p>Fruit Jelly <b>VG</b><br/>Mr Nourish Biscuit <b>1 VG</b><br/>Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>               | <p>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></p> <p>Green Beans<br/>Grated Carrots</p> <p>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></p>   | <p>Pork Sausages <b>1,6</b><br/>Vegetable Sausage <b>VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Chips,<br/>Sweetcorn, Baked Beans<br/>Cucumber Sticks</p> <p>Oaty Cookie <b>1,15 VG</b><br/>Yoghurt <b>3,7</b><br/>Fruit Pots <b>VG</b></p>                    |
| <b>WEEK TWO</b>   | <p>Caribbean Brown Chicken<br/>Tomato Spaghetti <b>1 VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Rice,<br/>Carrots,<br/>Peas</p> <p>Chocolate Ice Cream <b>7</b><br/>Mr Nourish Biscuit <b>1 VG</b><br/>Fruit Pots <b>VG</b></p>                                                     | <p>Cheese &amp; Broccoli Pasta Bake <b>1,7 V</b><br/>Buffalo Cauliflower Wings<br/>&amp; Wedges <b>VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Seasonal Vegetables</p> <p>Plum Pudding <b>1VG</b> &amp; Custard <b>7</b><br/>Mr Nourish Biscuit <b>1 VG</b><br/>Fruit Pots <b>VG</b></p> | <p>Roast Chicken &amp; Gravy<br/>Ratatouille Puff <b>1,3 VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Rustic Roast Potatoes<br/>Broccoli,<br/>Carrots</p> <p>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></p> | <p>Beef Stew &amp; 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></p> <p>Cauliflower,<br/>Green Beans</p> <p>Apple &amp; 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></p> | <p>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></p> <p>Chips,<br/>Peas,<br/>Coleslaw <b>9</b></p> <p>Marble Cookie <b>1 VG</b><br/>Yoghurt <b>3,7</b><br/>Fruit Pots <b>VG</b></p>                                 |
| <b>WEEK THREE</b> | <p>Macaroni Cheese <b>1,7 V</b><br/>Sweet Potato &amp; Chick Pea Curry <b>VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Rice,<br/>Green Beans,<br/>Mixed Salad</p> <p>Peach Crumble <b>1 VG</b> &amp; Custard <b>7</b><br/>Mr Nourish Biscuit <b>1 VG</b><br/>Fruit Pots <b>VG</b></p> | <p>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></p> <p>Sweetcorn,<br/>Peppers</p> <p>Chocolate Rice Pudding <b>7</b><br/>Mr Nourish Biscuit <b>1 VG</b><br/>Fruit Pots <b>VG</b></p>                                                     | <p>Roast Pork &amp; Gravy<br/>Vegan Sausage Roll <b>1 VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Rustic Roast Potatoes,<br/>Green Beans,<br/>Carrots</p> <p>Fruit Jelly <b>VG</b><br/>Mr Nourish Biscuit <b>1 VG</b><br/>Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>      | <p>Beef Cottage Pie<br/>Herby Tomato Pasta <b>1 VG</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Seasonal Vegetables</p> <p>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></p>                                          | <p>Fish Fingers <b>1,8</b><br/>Cheese, Carrot &amp; Tomato Swirl <b>1,7 V</b><br/>Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Chips,<br/>Peas, Baked Beans,<br/>Grated Carrot</p> <p>Caramel Flapjack <b>1,7,15 V</b><br/>Yoghurt <b>3,7</b>,<br/>Fruit Pots <b>VG</b></p> |

Primary 3

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.

