



WEEK ONE

3 Nov
 24 Nov
 15 Dec
 19 Jan
 9 Feb
 9 March
 30 March

MONDAY

Chicken Stew
 Jackets with a Choice of Toppings **7,8,9**

Crushed Potato
 Cauliflower,
 Carrots

Strawberry Mousse **7**
 Fruit Pots **VG**

TUESDAY

Bean Biryani **VG**
 Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

Fruit & Custard **7**
 Fruit Pots **VG**

WEDNESDAY

Roast Gammon & Gravy
 Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes,
 Cabbage,
 Peas

Fruit Jelly **VG**
 Yoghurt **3,7**, Fruit Pots **VG**

THURSDAY

Bolognaise on Wedges
 Loaded Bean Chilli Wedges **VG**
 Jackets with a Choice of Toppings **7,8,9**

Green Beans
 Grated Carrots

Yoghurt **3,7**,
 Fruit Pots **VG**

FRIDAY

Gluten Free Battered Fish **8**
 Vegetable Sausage **VG**
 Jackets with a Choice of Toppings **7,8,9**

Chips,
 Sweetcorn, Baked Beans
 Cucumber Sticks

Yoghurt **3,7**
 Fruit Pots **VG**

WEEK TWO

10 Nov
 1 Dec
 5 Jan
 26 Jan
 23 Feb
 16 March

Chicken Curry
 Jackets with a Choice of Toppings **7,8,9**

Rice,
 Carrots,
 Peas

Chocolate Ice Cream **7**
 Fruit Pots **VG**

BBQ Bean Wedges **VG**
 Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

Fruit & Custard **7**
 Fruit Pots **VG**

Roast Chicken & Gravy
 Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes
 Broccoli,
 Carrots

Yoghurt **3,7**,
 Fruit Pots **VG**

Beef Stew
 Jackets with a Choice of Toppings **7,8,9**

Cauliflower,
 Green Beans

Yoghurt **3,7**,
 Fruit Pots **VG**

Homemade Salmon Bites **8**
 Gluten Free Battered Fish **8**
 Jackets with a Choice of Toppings **7,8,9**

Chips,
 Peas,
 Coleslaw **9**

Yoghurt **3,7**
 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 **7,8,9**

Rice,
 Green Beans,
 Mixed Salad

Fruit & Custard **7**
 Fruit Pots **VG**

Stir Fried Chicken, Vegetables & Rice
 BBQ Vegetable Rice **VG**
 Jackets with a Choice of Toppings **7,8,9**

Sweetcorn,
 Peppers

Chocolate Rice Pudding **7**
 Fruit Pots **VG**

Vegetable Sausage **VG**
 Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes,
 Green Beans,
 Carrots

Fruit Jelly **VG**
 Yoghurt **3,7**, Fruit Pots **VG**

Beef Cottage Pie
 Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

Yoghurt **3,7**,
 Fruit Pots **VG**

Gluten Free Battered Fish **8**
 Jackets with a Choice of Toppings **7,8,9**

Chips,
 Peas, Baked Beans,
 Grated Carrot

Yoghurt **3,7**,
 Fruit Pots **VG**

Norfolk 3 GF

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.

AVAILABLE DAILY

