

CELEBRATING 20 YEARS

NOURISH

Established 2003

WEEKLY MENU

OCT 23 TO MAR 24



Dishes marked with any of the following numbers contain the matching allergen.

- 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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1					
30th Oct	Vegetable Lasagne 1,3,4,7,9 V Cauliflower & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9	Jerk Chicken 4 & Caribbean Rice and Peas Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Roast Beef & Yorkshire Pudding 1,7,9 Lentil & Bean Loaf 1 VG Jackets with a Choice of Toppings 7,8,9	Pasta Carbonara 1,7 Seasoned Salmon 8 Jackets with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Cheesy Bean Slice 1,7 V Jackets with a Choice of Toppings 7,8,9
27th Nov					
8th Jan	Rice, Sweetcorn, Peppers	Green Beans, Carrots	Rustic Roast Potatoes Cauliflower, Broccoli	New Potatoes Seasonal Vegetables	Chips, Peas Baked Beans, Coleslaw 9
5th Feb	Rice Pudding & Jam 7 Mr Nourish Biscuit 1 Fruit Pots	Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Chocolate Swirl 1,7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Ginger Biscuit 1,15 Yoghurt 3,7 Fruit Pots
11th Mar					
Week 2					
6th Nov	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 VG Jackets with a Choice of Toppings 7,8,9	Chicken Noodles 1,3,16 Vegetable Nuggets & Tomato Sauce 1 VG Jackets with a Choice of Toppings 7,8,9	Roast Gammon & Gravy Roast Vegetable Yorkshire Pudding Wrap 1,7,9 V Jackets with a Choice of Toppings 7,8,9	Mild Chilli 4 Cheesy Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Battered Fish 8 Margherita Pizza 1,3,7,9 V Jackets with a Choice of Toppings 7,8,9
4th Dec	Baked Wedges Seasonal Vegetables	Rainbow Rice, Carrots, Peas	Mash Potato Cabbage, Sweetcorn	Rice, Carrots, Green Beans	Chips, Peas, Baked Beans Cucumber Sticks
15th Jan	Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Toffee Apple Pudding 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Beetroot Cake 1,9 Mr Nourish Biscuit 1 Yoghurt 3,7 Fruit Pots	Jaffa Biscuit 1 Yoghurt 3,7 Fruit Pots
19th Feb					
18th Mar					
Week 3					
13th Nov	Cheese & Tomato Garlic Dough Balls 1,7 V Spaghetti Vegetable Bolognese 1 VG Jackets with a Choice of Toppings 7,8,9	Chicken Curry Tomato & Herb Pasta 1 VG Jackets with a Choice of Toppings 7,8,9	Roast Pork & Gravy Cheese & Onion Pinwheel 1,7 V Jackets with a Choice of Toppings 7,8,9	Chicken & Sweetcorn Pie 1 Pesto Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Quorn Sausage 1 VG Jackets with a Choice of Toppings 7,8,9
11th Dec	New Potatoes Green Beans, Carrots	Rice, Sweetcorn Onion Slaw	Rustic Roast Potatoes Cabbage, Peas	New Potatoes Seasonal Vegetables	Chips, Peas, Baked Beans Roasted Onions
22nd Jan	Chocolate Whip 7 Mr Nourish Biscuit 1 Fruit Pots, Mr Nourish Biscuit 1	Jam Sponge 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Sweet Potato Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Apple Flapjack 1,15 Ice Cream 7 Fruit Pots
26th Feb					
25th Mar					
Week 4					
20th Nov	Margherita Pizza 1,3,7,9 V Vegetable Biryani VG Jackets with a Choice of Toppings 7,8,9	Beef Lasagne 1,3,4,7,9 Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9	Roast Chicken & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9	Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7 V Jackets with a Choice of Toppings 7,8,9	Battered Fish 8 Bruschetta 1,7 V Jackets with a Choice of Toppings 7,8,9
1st Jan	Rainbow Pasta 1 Sweetcorn, Peppers	Seasonal Vegetables	Rustic Roast Potatoes Green Beans, Carrots	Cauliflower, Broccoli	Chips, Peas Baked Beans, Coleslaw 9
29th Jan	Frozen Yoghurt 7 Mr Nourish Biscuit 1 Fruit Pots	Banana Loaf 1,9 & Chocolate Custard 7 Fruit Pots, Mr Nourish Biscuit 1	Fruity Cornflake Cake 1,7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Jam Swirl 1 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Caramel Cookie 1,7 Fruit Pots, Yoghurt 3,7
4th Mar					



Come,
Lord Jesus,
be our guest.
May this food
by you be
blessed.
Amen



KEY: VG Vegan V Vegetarian

Available Daily: Selection of Salads 9, Homemade Bread 1,3,7,9.

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