

# CELEBRATING 20 YEARS

## NOURISH

GROW WITH US  
Established 2003

# Weekly Menu

OCT 23 TO MAR 24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	Vegetable Lasagne 1,3,4,7,9 V Cauliflower & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9	Lamb Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Roast Turkey & Gravy Lentil & Bean Loaf 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Cauliflower, Broccoli	Turkey Carbonara Pasta 1,7 Falafel Wrap 1 VG Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables	Fish Fingers 1,8 Cheesy Bean Slice 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9
30th Oct					
27th Nov					
8th Jan	Rice, Sweetcorn, Peppers	Green Beans, Carrots			
5th Feb	Apple Crumble & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Yoghurt 3,7 Fruit Pots	Rice Pudding & Jam 7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Fruit Jelly Yoghurt 3,7 Fruit Pots	Ginger Biscuit 1,15 Yoghurt 3,7 Fruit Pots
11th Mar					
<b>Week 2</b>	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables	Chicken Noodles 1,3,16 Vegetable Noodles 1,3,16 VG Jackets with a Choice of Toppings 7,8,9 Carrots Peas	Roast Chicken & Gravy Vegetable Nuggets 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Cabbage, Sweetcorn	Lamb Chilli 4 Cheesy Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Rice, Carrots Green Beans	Salmon Risotto 8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Cucumber Sticks
6th Nov					
4th Dec					
15th Jan					
19th Feb	Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Yoghurt 3,7 Fruit Pots	Sunshine Bar 1,6,15,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Fruit Jelly Yoghurt 3,7 Fruit Pots	Jaffa Biscuit 1 Yoghurt 3,7 Fruit Pots
18th Mar					
<b>Week 3</b>	Cheese & Tomato Garlic Dough Balls 1,7 V Spaghetti Vegetable Bolognese 1 VG Jackets with a Choice of Toppings 7,8,9 New Potatoes Green Beans, Carrots	Chicken Curry Tomato & Herb Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn Onion Slaw	Roast Turkey & Gravy Cheese & Onion Pinwheel 1,7 V Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Cabbage, Peas	Chicken & Sweetcorn Pie 1 Pesto Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables	Chicken Sausages 1,6 Quorn Sausage 1 VG Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Roasted Onions
13th Nov					
11th Dec					
22nd Jan					
26th Feb	Chocolate Whip 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Yoghurt 3,7 Fruit Pots	Sweet Potato Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Fruit Jelly Yoghurt 3,7 Fruit Pots	Apple Flapjack 1,15 Yoghurt 3,7 Fruit Pots
25th Mar					
<b>Week 4</b>	Margherita Pizza 1,3,7 V Vegetable Biryani VG Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1 Sweetcorn, Peppers	BBQ Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9 Rice Seasonal Vegetables	Roast Chicken & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots	Turkey Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7 V Jackets with a Choice of Toppings 7,8,9 Cauliflower, Broccoli	Fish Fingers 1,8 Vegetable Nuggets 1 VG Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9
20th Nov					
18th Dec					
1st Jan					
29th Jan	Strawberry Mousse 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Yoghurt 3,7 Fruit Pots	Fruity Cornflake Cake 1,7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Fruit Jelly Yoghurt 3,7 Fruit Pots	Caramel Cookie 1,7 Yoghurt 3,7 Fruit Pots
4th Mar					



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

Allergen Accreditation



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.