

CELEBRATING 20 YEARS

NOURISH
Established 2003

OCT 23 TO MAR 24

WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Vegetable Lasagne 1.8, 1.9 V Cauliflower & Chick Pea Curry 1.6 Jackets with a Choice of Toppings 1.8, 9	Chicken Stew & Dumpling 1 Pesto Pasta Bake 1.7 V Jackets with a Choice of Toppings 1.8, 9 Green Beans, Carrots	Minced Beef & Yorkshire Pudding 1.2, 9 Lentil & Bean Loaf 1.16 Jackets with a Choice of Toppings 1.8, 9 Rustic Roast Potatoes Cauliflower, Broccoli Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Turkey Carbonara Pasta 1.7 Falafel Wrap 1.16 Jackets with a Choice of Toppings 1.8, 9 New Potatoes Seasonal Vegetables Chocolate Swirl 1.7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Fish Fingers 1.8 Cheesy Bean Slice 1.7 V Jackets with a Choice of Toppings 1.8, 9 Chips, Peas Baked Beans, Coleslaw 9 Ginger Biscuit 1.15 Yoghurt 1.7 Fruit Pots
Week 2	Macaroni Cheese 1.7 V Rice & Bean Burrito 1.16 Jackets with a Choice of Toppings 1.8, 9 Baked Wedges Seasonal Vegetables Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Chicken Noodles 1.8, 16 Vegetable Nuggets & Tomato Sauce 1.16 Jackets with a Choice of Toppings 1.8, 9 Rainbow Rice, Carrots, Peas Toffee Apple Pudding 1.9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Chicken & Gravy Roast Vegetable Yorkshire Pudding Wrap 1.15 V Jackets with a Choice of Toppings 1.8, 9 Rustic Roast Potatoes or Jollof Rice Cabbage, Sweetcorn Popcorn & Raisin Pot Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Mild Chili 4 Cheesy Pasta Bake 1.7 V Jackets with a Choice of Toppings 1.8, 9 Rice, Carrots, Green Beans Sunshine Bar 1.1, 15, 16 Mr Nourish Biscuit 1 Yoghurt 1.7 Fruit Pots	Salmon Risotto 9 Margherita Pizza 1.8, 19 V Jackets with a Choice of Toppings 1.8, 9 Chips, Peas, Baked Beans Cucumber Sticks Jaffa Biscuit 1 Yoghurt 1.7 Fruit Pots
Week 3	Cheese & Tomato Garlic Dough Balls 1.7 V Spaghetti Vegetable Bolognese 1.16 Jackets with a Choice of Toppings 1.8, 9 New Potatoes Green Beans, Carrots Chocolate Whip 7 Fruit Pots, Mr Nourish Biscuit 1	Chicken Curry Tomato & Herb Pasta 1.16 Jackets with a Choice of Toppings 1.8, 9 Rice, Sweetcorn Onion Slow Jam Sponge 1.5 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Beef & Gravy Cheese & Onion Pinwheel 1.7 V Jackets with a Choice of Toppings 1.8, 9 Rustic Roast Potatoes or Jollof Rice Cabbage, Peas Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Chicken & Sweetcorn Pie 1 Pesto Pasta 1.7 V Jackets with a Choice of Toppings 1.8, 9 New Potatoes Seasonal Vegetables Sweet Potato Cake 1.9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Sausages 1.6 Quorn Sausage 1.16 Jackets with a Choice of Toppings 1.8, 9 Chips, Peas, Baked Beans Roasted Onions Apple Flapjack 1.15 Yoghurt 1.7 Fruit Pots
Week 4	Margherita Pizza 1.8, 19 V Vegetable Biryani 1.6 Jackets with a Choice of Toppings 1.8, 9 Rainbow Pasta 1 Sweetcorn, Peppers Strawberry Mousse 7 Mr Nourish Biscuit 1 Fruit Pots	BBQ Chicken Tomato Spaghetti 1.16 Jackets with a Choice of Toppings 1.8, 9 Rice, Seasonal Vegetables Banana Loaf 1.9 & Chocolate Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Chicken & Gravy Vegan Sausage Roll 1.16 Jackets with a Choice of Toppings 1.8, 9 Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots Fruity Cornflake Cake 1.7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Bolognese Penne Pasta 1 Cheesy Cajun Wedges 1.7 V Jackets with a Choice of Toppings 1.8, 9 Cauliflower, Broccoli Jam Swirl 1 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Fish Fingers 1.8 Bruschetta 1.7 V Jackets with a Choice of Toppings 1.8, 9 Chips, Peas Baked Beans, Coleslaw 9 Caramel Cookie 1.7 Fruit Pots, Yoghurt 1.7



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 Celeries/Celery
- 13 Nuts
- 14 Lupins
- 15 Bar Gluten
- 16 Barley Gluten

Allergen Association

LOOK OUT FOR OUR THEMED DAYS!

NON PORK 3 OPT

KEY: V: Vegan | 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.

