

CELEBRATING 20 YEARS

NOURISH
GROW WITH US
Established 2003

WEEKLY MENU

OCT 23 TO MAR 24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Vegetable Lasagne 1.3,4,7,9 V Cauliflower & Chick Pea Curry VG Cheesy Pasta Twists 1.7 V Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn, Peppers Rice Pudding & Jam 7 Fruit Pots, Mr Nourish Biscuit 1	Chicken Stew & Dumpling 1 Quorn Sausage Casserole & Dumpling 1 VG Pesto Pasta Bake 1.7 V Jackets with a Choice of Toppings 7,8,9 Green Beans, Carrots Apple Crumble 1 & Custard 7 Fruit Pots, Mr Nourish Biscuit 1	Minced Beef & Yorkshire Pudding 1,7,9 Lentil & Bean Loaf 1 VG Arrabiata Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Cauliflower, Broccoli Fruit Jelly, Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Turkey Carbonara Pasta 1,7 Falafel Wrap 1 VG Tomato & Sweetcorn Penne 1 VG Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Chocolate Swirl 1,7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Fish Fingers 1,8 Cheesy Bean Slice 1,7 V Mediterranean Fusilli 1 VG Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9 Ginger Biscuit 1,15 Fruit Pots, Yoghurt 3,7
Week 2	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 VG Mediterranean Fusilli 1 VG Jackets with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables Ice Cream 7 Fruit Pots, Mr Nourish Biscuit 1	Chicken Noodles 1,3,16 Vegetable Nuggets & Tomato Sauce 1 VG Pesto Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9 Rainbow Rice, Carrots, Peas Toffee Apple Pudding 1,9 Custard 7 Fruit Pots, Mr Nourish Biscuit 1	Roast Chicken & Gravy Roast Vegetable Yorkshire Pudding Wrap 1,7,9 V Spaghetti Mushroom Carbonara 1,7 V Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Cabbage, Sweetcorn Popcorn & Raisin Pot Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Mild Chilli 4 Sweet & Sour Vegetables VG Cheesy Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Rice, Carrots, Green Beans Sunshine Bar 1,6,15,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Salmon Risotto 8 Margherita Pizza 1,3,7,9 V Herby Tomato Penne 1 VG Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Cucumber Sticks Jaffa Biscuit 1 Fruit Pots, Yoghurt 3,7
Week 3	Cheese & Tomato Garlic Dough Balls 1,7 V Spaghetti Vegetable Bolognese 1 VG Cheesy Pasta Twists 1,7 V Jackets with a Choice of Toppings 7,8,9 New Potatoes Green Beans, Carrots Chocolate Whip 7 Fruit Pots, Mr Nourish Biscuit 1	Chicken Curry BBQ Quorn & Beans 1 VG Tomato & Herb Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn Onion Slaw Jam Sponge 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Beef & Gravy Cheese & Onion Pinwheel 1,7 V Arrabiata Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Cabbage, Peas Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Chicken & Sweetcorn Pie 1 Loaded Sweet Potato VG Pesto Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Sweet Potato Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Fish Fingers 1,8 Quorn Sausage 1 VG Cheese & Tomato Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Roasted Onions Apple Flapjack 1,15 Fruit Pots, Yoghurt 3,7
Week 4	Margherita Pizza 1,3,7,9 V Vegetable Biryani VG Mediterranean Fusilli 1 VG Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1 Sweetcorn, Peppers Strawberry Mousse 7 Mr Nourish Biscuit 1 Fruit Pots	BBQ Chicken Sweet Potato & Bean Wrap 1 VG Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9 Rice, Seasonal Vegetables Banana Loaf 1,9 & Chocolate Custard 7 Fruit Pots, Mr Nourish Biscuit 1	Roast Chicken & Gravy Vegan Sausage Roll 1 VG Cheesy Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots Fruity Cornflake Cake 1,7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7 V Pesto & Pea Pasta 1,7 VG Jackets with a Choice of Toppings 7,8,9 Cauliflower, Broccoli Jam Swirl 1 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Fish Fingers 1,8 Bruschetta 1,7 V Tomato & Sweetcorn Penne 1 VG Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9 Caramel Cookie 1,7 Fruit Pots, Yoghurt 3,7



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 Celery/Celery
- 13 Nuts
- 14 Lupins
- 15 Oat Gluten
- 16 Barley Gluten



LOOK OUT FOR OUR THEMED DAYS!



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.