

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



Week 1

30th Oct

27th Nov

8th Jan

5th Feb

11th Mar

MONDAY

Vegetable Lasagne ^{1,3,4,7,9 V}

Cauliflower & Chick Pea Curry ^{ve J}

Jackets with a Choice of Toppings ^{7,8,9}

Rice, Sweetcorn, Peppers

Rice Pudding & Jam ⁷

Mr Nourish Biscuit ¹

Fruit Pots

TUESDAY

Lamb Stew & Dumpling ¹

Pesto Pasta Bake ^{1,7 V J}

Jackets with a Choice of Toppings ^{7,8,9}

Green Beans, Carrots

Apple Crumble ¹ & Custard ⁷

Mr Nourish Biscuit ¹

Fruit Pots

WEDNESDAY

Turkey Carbonara Pasta ^{1,7}

Falafel Wrap ^{1 ve J}

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}

THURSDAY

Roast Turkey & Gravy

Lentil & Bean Loaf ^{1 ve J}

Macaroni Cheese ^{1,7 V}

Rustic Roast Potatoes or Jollof Rice

Cauliflower, Broccoli

Fruit Jelly

Mr Nourish Biscuit ¹

Fruit Pots, Yoghurt ^{3,7}

FRIDAY

Fish Fingers ^{1,8}

Cheesy Bean Slice ^{1,7 V J}

Jackets with a Choice of Toppings ^{7,8,9}

Chips, Peas

Baked Beans, Coleslaw ⁹

Ginger Biscuit ^{1,15}

Yoghurt ^{3,7}

Fruit Pots

Week 2

6th Nov

4th Dec

15th Jan

19th Feb

18th Mar

Macaroni Cheese ^{1,7 V J}

Rice & Bean Burrito ^{1 ve J}

Jackets with a Choice of Toppings ^{7,8,9}

Baked Wedges

Seasonal Vegetables

Ice Cream ⁷

Mr Nourish Biscuit ¹

Fruit Pots

Chicken Noodles ^{1,3,16}

Vegetable Noodles ^{1,3,16 ve J}

Jackets with a Choice of Toppings ^{7,8,9}

Carrots, Peas

Toffee Apple Pudding ^{1,9} & Custard ⁷

Mr Nourish Biscuit ¹

Fruit Pots

Lamb Chilli ⁴

Bean & Vegetable Chilli ^{ve J}

Cheesy Pasta Bake ^{1,7 V J}

Rice, Carrots, Green Beans

Sunshine Bar ^{1,6,15,16}

Mr Nourish Biscuit ¹

Yoghurt ^{3,7}

Fruit Pots

Roast Chicken & Gravy

Butternut Squash & Chick Pea Curry ^{ve J}

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}

Salmon Risotto ⁸

Margherita Pizza ^{1,3,7 V J}

Jackets with a Choice of Toppings ^{7,8,9}

Chips, Peas, Baked Beans

Cucumber Sticks

Jaffa Biscuit ¹

Yoghurt ^{3,7}

Fruit Pots

Week 3

13th Nov

11th Dec

22nd Jan

26th Feb

25th Mar

Vegetable Biryani ^{ve J}

Spaghetti Vegetable Bolognese ^{1 ve J}

Jackets with a Choice of Toppings ^{7,8,9}

Green Beans, Carrots

Chocolate Whip ⁷

Mr Nourish Biscuit ¹

Fruit Pots

Chicken Curry

Vegetable Curry ^{ve J}

Tomato & Herb Pasta ^{1 ve J}

Rice, Sweetcorn

Onion Slaw

Jam Sponge ^{1,9} & Custard ⁷

Mr Nourish Biscuit ¹

Fruit Pots

Chicken & Sweetcorn Pie ¹

Vegetable Pie ^{1 ve J}

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}

Roast Turkey & Gravy

Cheese & Onion Pinwheel ^{1,7 V}

Pesto Pasta ^{1,7 V J}

Rustic Roast Potatoes or Jollof Rice

Cabbage, Peas

Fruit Jelly

Mr Nourish Biscuit ¹

Fruit Pots, Yoghurt ^{3,7}

Sausages ^{1,6}

Cheese & Tomato Turnover ^{1,7 V J}

Jackets with a Choice of Toppings ^{7,8,9}

Chips, Peas

Baked Beans, Roasted Onions

Apple Flapjack ^{1,15}

Yoghurt ^{3,7}

Fruit Pots

Week 4

20th Nov

18th Dec

1st Jan

29th Jan

4th Mar

Margherita Pizza ^{1,3,7 V J}

Vegetable Biryani ^{ve J}

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

Chick Pea Jambalaya ^{ve J}

Jackets with a Choice of Toppings ^{7,8,9}

Rice, Seasonal Vegetables

Banana Loaf ^{1,9} & Chocolate Custard ⁷

Mr Nourish Biscuit ¹

Fruit Pots

Turkey Bolognese

Penne Pasta ¹

Cheesy Cajun Wedges ^{4,7 V}

Jackets with a Choice of Toppings ^{7,8,9}

Cauliflower, Broccoli

Jam Swirl ¹

Mr Nourish Biscuit ¹

Fruit Pots, Yoghurt ^{3,7}

Roast Chicken & Gravy

Vegetable Nuggets ^{1 ve J}

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}

Fish Fingers ^{1,8}

Vegetable Burger in a Bun ^{1,5 ve J}

Jackets with a Choice of Toppings ^{7,8,9}

Chips, Peas

Baked Beans, Coleslaw ⁹

Caramel Cookie ^{1,7}

Fruit Pots, Yoghurt ^{3,7}

A dish suitable for Jain followers will be provided daily.

LOOK OUT FOR OUR THEMED DAYS!



KEY: VG Vegan V Vegetarian J Jain

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.