

CELEBRATING 20 YEARS

NOURISH

GROW WITH US

Established 2003

OCT 23 TO MAR 24

Weekly Menu



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 Accredited

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



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.