NOVEMBER TO MARCH 2027

NOURISH

THE NOURISH MENU

BANG IN SOME BEANS!
DISHES WITH ME NEXT TO THEM CONTAIN BEANS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 2 November 23 November 14 December 18 January 8 February 8 March	Chicken Pie **1** Vegetable Pie **1 VG** Crushed Potatoes Carrots Yoghurt **3,7** Fruit Pots **VG**	Beef Bolognaise Pasta **1** Soy Mince Bolognaise Pasta **1 VG** Garlic Bread **1,3** Seasonal Vegetables Yoghurt **3,7** Fruit Pots **VG**	Roast Gammon & Gravy Vegetable Sausage **1 VG** Rustic Roast Potatoes Peas Yoghurt **3,7** Fruit Pots **VG**	Black Bean Jambalaya **VG** Margherita Pizza **1,3,7 V** Sweetcorn Rainbow Pasta **1** Yoghurt **3,7** Fruit Pots **VG**	Chicken Nuggets **1** Vegetable Nuggets **1 VG** Chips, Peas Oaty Biscuit **1,3,15 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 9 November 30 November 4 January 25 January 22 February 15 March	BBQ Chicken Pesto Pasta Bake **1,7 V** Rice Carrots Yoghurt **3,7** Fruit Pots **VG**	Tomato & Broccoli Pasta **1 VG** Cheesy Pasta **1,7 V** Seasonal Vegetables Yoghurt **3,7** Fruit Pots **VG**	Roast Chicken & Gravy Vegetable Wellington **1 VG** Rustic Roast Potatoes Broccoli Yoghurt **3,7** Fruit Pots **VG**	Beef Stew & Dumpling **1,3** Country Vegetable Stew & Dumplings **1,3 VG** Herby Bread **1,3** Green Beans Yoghurt **3,7** Fruit Pots **VG**	Salmon Fish Cake **1,8** Margherita Pizza **1,3,7 V** Chips, Peas Banana Bread **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK THREE 16 November 7 December 11 January 1 February 1 March 22 March	Macaroni Cheese **1,3,7 V** Red Pepper & Bean Masala & Rice **VG** Garlic Bread **1,3** Cauliflower Yoghurt **3,7** Fruit Pots **VG**	Chicken Noodles **1,3** Vegetable Noodles **1,3 V** Potato Wedges Carrots Yoghurt **3,7** Fruit Pots **VG**	Pork Sausage **1,3,6** Quorn Sausage **1 VG** Rustic Mashed Potatoes Baked Beans Yoghurt **3,7** Fruit Pots **VG**	Mild Chilli Tangy Black Bean Cobbler **1,3 VG** Rice Seasonal Vegetables Yoghurt **3,7** Fruit Pots **VG**	Fish Fingers **1,8** Cheese & Tomato Pinwheel **1,7 V** Chips, Peas Crispy Cookie **1,3,7,16** Yoghurt **3,7** Fruit Pots **VG**

Burlington nursery

AVAILABLE DAILY

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 VG Vegan V Vegetarian

Selection of Salads **9**, Homemade Bread **1,3**. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.