

CELEBRATING 20 YEARS

NOURISH

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	Chicken Stew & Dumpling 1 Pesto Pasta Bake 1,7 V	Minced Beef & Yorkshire Pudding 1,7,9 Lentil & Bean Loaf 1 VG	Pasta Carbonara 1,7 Falafel Wrap 1 VG	Fish Fingers 1,8 Vegetable Nuggets 1
30th Oct					
27th Nov	Rice	Green Beans	Rustic Roast Potatoes	New Potatoes	Chips, Peas
8th Jan	Sweetcorn	Carrots	Cauliflower	Seasonal Vegetables	Baked Beans, Coleslaw 9
5th Feb	Peppers		Broccoli		
11th Mar	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Ginger Biscuit 1,15 Yoghurt 3,7 Fruit Pots
Week 2	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 VG	Chicken Noodles 1,3,16 Vegetable Nuggets & Tomato Sauce 1 VG	Roast Pork & Gravy Roast Vegetable Yorkshire Pudding Wrap 1,7,9 V	Mild Chilli 4 Tomato & Herb Pasta 1 VG	Salmon Risotto 8 Margherita Pizza 1,3,7,9 V
6th Nov					
4th Dec	Baked Wedges	Rainbow Rice	Rustic Roast Potatoes	Rice	Chips, Peas, Baked Beans
15th Jan	Seasonal Vegetables	Carrots	Cabbage	Carrots	Cucumber Sticks
19th Feb		Peas	Sweetcorn	Green Beans	
18th Mar	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Jaffa Biscuit 1 Yoghurt 3,7 Fruit Pots
Week 3	Spaghetti Vegetable Bolognese 1 VG Butternut Squash & Chick Pea Curry VG	Chicken Curry Tomato & Herb Pasta 1 VG	Roast Gammon & Gravy Cheese & Onion Pinwheel 1,7 V	Chicken & Sweetcorn Pie 1 Pesto Pasta 1,7 V	Sausages 1,6 Quorn Sausage 1 VG
13th Nov					
11th Dec	Rice	Rice	Rustic Roast Potatoes	New Potatoes	Chips, Peas, Baked Beans
22nd Jan	Green Beans	Sweetcorn	Cabbage	Seasonal Vegetables	Roasted Onions
26th Feb	Carrots	Coleslaw 9	Peas		
25th Mar	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Apple Flapjack 1,15 Yoghurt 3,7 Fruit Pots
Week 4	Margherita Pizza 1,3,7,9 V Vegetable Biryani VG	BBQ Chicken Tomato Spaghetti 1 VG	Roast Chicken & Gravy Vegan Sausage Roll 1 VG	Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7 V	Fish Fingers 1,8 Bruschetta 1,7 V
20th Nov					
1st Jan	Rainbow Pasta 1	Rice	Rustic Roast Potatoes	Cauliflower	Chips, Peas
29th Jan	Sweetcorn	Seasonal Vegetables	Green Beans	Broccoli	Baked Beans
4th Mar	Peppers		Carrots		Coleslaw 9
	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	Yoghurt 3,7 Fruit Pots	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 Celeriac/Celery
 - 13 Nuts
 - 14 Lupins
 - 15 Oat Gluten
 - 16 Barley Gluten
- Allergen Accreditation**



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.