

# 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

Allergen Accreditation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	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 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Minced Beef & Yorkshire Pudding 1,7,9 Lentil & Bean Loaf 1 VG	Pasta Carbonara 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
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					
<b>Week 2</b>	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 Jackets with a Choice of Toppings 7,8,9	Roast Pork & Gravy Roast Vegetable Yorkshire Pudding Wrap 1,7,9 V	Mild Chilli 4 Cheesy Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Salmon Risotto 8 Margherita Pizza 1,3,7,9 V
6th Nov					
4th Dec	Baked Wedges Seasonal Vegetables	Rainbow Rice, Carrots, Peas	Rustic Roast Potatoes Cabbage, Sweetcorn	Rice, Carrots, Green Beans	Chips, Peas, Baked Beans Cucumber Sticks
15th Jan	Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Toffee Apple Pudding 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Popcorn & Raisin Pot Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Sunshine Bar 1,6,15,16 Mr Nourish Biscuit 1 Yoghurt 3,7 Fruit Pots	Jaffa Biscuit 1 Yoghurt 3,7 Fruit Pots
19th Feb					
18th Mar					
<b>Week 3</b>	Cheese & Tomato Garlic Dough Balls 1,7 V Spaghetti Vegetable Bolognese 1 VG Jackets with a Choice of Toppings 7,8,9	Chicken Curry Tomato & Herb Pasta 1 VG Jackets with a Choice of Toppings 7,8,9	Roast Gammon & Gravy Cheese & Onion Pinwheel 1,7 V	Chicken & Sweetcorn Pie 1 Pesto Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9	Sausages 1,6 Quorn Sausage 1 VG
13th Nov					
11th Dec	New Potatoes Green Beans, Carrots	Rice, Sweetcorn Onion Slaw	Rustic Roast Potatoes Cabbage, Peas	New Potatoes Seasonal Vegetables	Chips, Peas, Baked Beans Roasted Onions
22nd Jan	Chocolate Whip 7 Fruit Pots, Mr Nourish Biscuit 1	Jam Sponge 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Sweet Potato Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Apple Flapjack 1,15 Yoghurt 3,7 Fruit Pots
26th Feb					
25th Mar					
<b>Week 4</b>	Margherita Pizza 1,3,7,9 V Vegetable Biryani VG Jackets with a Choice of Toppings 7,8,9	BBQ Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9	Roast Chicken & Gravy Vegan Sausage Roll 1 VG	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
20th Nov					
1st Jan	Rainbow Pasta 1 Sweetcorn, Peppers	Rice, Seasonal Vegetables	Rustic Roast Potatoes Green Beans, Carrots	Cauliflower, Broccoli	Chips, Peas Baked Beans, Coleslaw 9
29th Jan	Strawberry Mousse 7 Mr Nourish Biscuit 1 Fruit Pots	Banana Loaf 1,9 & Chocolate Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Fruity Cornflake Cake 1,7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Jam Swirl 1 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Caramel Cookie 1,7 Fruit Pots, Yoghurt 3,7
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.