

CELEBRATING 20 YEARS

NOURISH
GROW WITH US

Established 2003

OCT 23 TO MAR 24

WEEKLY MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



Week 1

30th Oct
13th Nov
27th Nov
11th Dec
8th Jan
22nd Jan
5th Feb
26th Feb
11th Mar
25th Mar

Macaroni Cheese ^{1,7} V
Cauliflower & Chick Pea Curry ^{VG}
Jackets with a Choice of Toppings ^{7,8,9}
Rice
Sweetcorn
Peppers
Rice Pudding & Jam ⁷
Mr Nourish Biscuit ¹
Fruit Pots

Chicken Curry
Tomato & Herb Pasta ¹ VG
Jackets with a Choice of Toppings ^{7,8,9}
Rice, Green Beans
Carrots
Apple Crumble ¹ & Custard ⁷
Mr Nourish Biscuit ¹
Fruit Pots

Roast Chicken & Gravy
Cheese & Onion Pinwheel ^{1,7} V
Jackets with a Choice of Toppings ^{7,8,9}
Rustic Roast Potatoes
Cauliflower, Broccoli
Fruit Jelly
Mr Nourish Biscuit ¹
Yoghurt ^{3,7}
Fruit Pots

Beef & Onion Pie ¹
Falafel in Tomato Sauce ¹ VG
Jackets with a Choice of Toppings ^{7,8,9}
Mashed Potatoes
Seasonal Vegetables
Sweet Potato Cake ^{1,9}
Mr Nourish Biscuit ¹
Yoghurt ^{3,7}
Fruit Pots

Fish Fingers ^{1,8} or Salmon Fishcakes ^{1,7,8}
Bruschetta ^{1,7} V
Jackets with a Choice of Toppings ^{7,8,9}
Chips, Peas
Baked Beans
Coleslaw ⁹
Ginger Biscuit ^{1,15}
Yoghurt ^{3,7}
Fruit Pots

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 Celery/Celery
- 13 Nuts
- 14 Lupins
- 15 Oat Gluten
- 16 Barley Gluten

Allergien Accreditation

Week 2

6th Nov
20th Nov
4th Dec
1st Jan
15th Jan
29th Jan
19th Feb
4th Mar
18th Mar

Margherita Pizza ^{1,3,7,9} V
Vegetable Biryani ^{VG}
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 Nuggets & Tomato Sauce ¹ VG
Jackets with a Choice of Toppings ^{7,8,9}
Rainbow Rice
Carrots, Peas
Toffee Apple Pudding ^{1,9} & Custard ⁷
Mr Nourish Biscuit ¹
Fruit Pots

Roast Gammon & Gravy
Soy Mince Puff ¹ VG
Jackets with a Choice of Toppings ^{7,8,9}
Rustic Roast Potatoes
Cabbage
Sweetcorn
Sunshine Bar ^{1,6,15,16}
Mr Nourish Biscuit ¹
Yoghurt ^{3,7}
Fruit Pots

Bolognese Penne Pasta ¹
Cheesy Cajun Wedges ^{4,7} V
Jackets with a Choice of Toppings ^{7,8,9}
Carrots
Green Beans
Jam Swirl ¹
Mr Nourish Biscuit ¹
Yoghurt ^{3,7}
Fruit Pots

Fish Fingers ^{1,8}
Quorn Sausage ¹ VG
Jackets with a Choice of Toppings ^{7,8,9}
Chips
Peas
Baked Beans
Cucumber Sticks
Jaffa Biscuit ¹
Yoghurt ^{3,7}
Fruit Pots



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.