

# 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  
27th Nov  
8th Jan  
5th Feb  
11th Mar

Vegetable Lasagne 1.3,4,7,9 V  
Cauliflower & Chick Pea Curry VG  
Cheesy Pasta Twists 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
Rice, Sweetcorn, Peppers  
Rice Pudding & Jam 7  
Fruit Pots, Mr Nourish Biscuit 1

Chicken Stew & Dumpling 1  
Quorn Sausage Casserole & Dumpling 1 VG  
Pesto Pasta Bake 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
Green Beans, Carrots  
Apple Crumble 1 & Custard 7  
Fruit Pots, Mr Nourish Biscuit 1

Minced Beef & Yorkshire Pudding 1,7,9  
Lentil & Bean Loaf 1 VG  
Arrabiata Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes  
Cauliflower, Broccoli  
Fruit Jelly, Mr Nourish Biscuit 1  
Fruit Pots, Yoghurt 3,7

Pasta Carbonara 1,7  
Falafel Wrap 1 VG  
Tomato & Sweetcorn Penne 1 VG  
Jackets with a Choice of Toppings 7,8,9  
New Potatoes  
Seasonal Vegetables  
Chocolate Swirl 1,7  
Mr Nourish Biscuit 1  
Fruit Pots, Yoghurt 3,7

Fish Fingers 1,8  
Cheesy Bean Slice 1,7 V  
Mediterranean Fusilli 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Chips, Peas  
Baked Beans, Coleslaw 9  
Ginger Biscuit 1,15  
Fruit Pots, Yoghurt 3,7

### Week 2

6th Nov  
4th Dec  
15th Jan  
19th Feb  
18th Mar

Macaroni Cheese 1,7 V  
Rice & Bean Burrito 1 VG  
Mediterranean Fusilli 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Baked Wedges  
Seasonal Vegetables  
Ice Cream 7  
Fruit Pots, Mr Nourish Biscuit 1

Chicken Noodles 1,3,16  
Vegetable Nuggets & Tomato Sauce 1 VG  
Pesto Pasta 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
Rainbow Rice, Carrots, Peas  
Toffee Apple Pudding 1,9  
Fruit Pots, Mr Nourish Biscuit 1

Roast Pork & Gravy  
Roast Vegetable Yorkshire Pudding Wrap 1,2,9 V  
Spaghetti Mushroom Carbonara 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes  
Cabbage, Sweetcorn  
Popcorn & Raisin Pot  
Mr Nourish Biscuit 1  
Fruit Pots, Yoghurt 3,7

Mild Chilli 4  
Sweet & Sour Vegetables VG  
Cheesy Pasta Bake 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
Rice, Carrots, Green Beans  
Sunshine Bar 1,6,15,16  
Mr Nourish Biscuit 1  
Fruit Pots, Yoghurt 3,7

Salmon Risotto 8  
Margherita Pizza 1,3,7,9 V  
Herby Tomato Penne 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Chips, Peas, Baked Beans  
Cucumber Sticks  
Jaffa Biscuit 1  
Fruit Pots, Yoghurt 3,7

### Week 3

13th Nov  
11th Dec  
22nd Jan  
26th Feb  
25th Mar

Cheese & Tomato Garlic Dough Balls 1,7 V  
Spaghetti Vegetable Bolognese 1 VG  
Cheesy Pasta Twists 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
New Potatoes  
Green Beans, Carrots  
Chocolate Whip 7  
Fruit Pots, Mr Nourish Biscuit 1

Chicken Curry  
BBQ Quorn & Beans 1 VG  
Tomato & Herb Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Rice, Sweetcorn  
Onion Slaw  
Jam Sponge 1,9 & Custard 7  
Mr Nourish Biscuit 1  
Fruit Pots

Roast Gammon & Gravy  
Cheese & Onion Pinwheel 1,7 V  
Arrabiata Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes  
Cabbage, Peas  
Fruit Jelly  
Mr Nourish Biscuit 1  
Fruit Pots, Yoghurt 3,7

Chicken & Sweetcorn Pie 1  
Loaded Sweet Potato VG  
Pesto Pasta 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
New Potatoes  
Seasonal Vegetables  
Jam Swirl 1  
Mr Nourish Biscuit 1  
Fruit Pots, Yoghurt 3,7

Sausages 1,6  
Quorn Sausage 1 VG  
Cheese & Tomato Pasta Bake 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
Chips, Peas, Baked Beans  
Roasted Onions  
Apple Flapjack 1,15  
Fruit Pots, Yoghurt 3,7

### Week 4

20th Nov  
1st Jan  
29th Jan  
4th Mar

Margherita Pizza 1,3,7,9 V  
Vegetable Biryani VG  
Mediterranean Fusilli 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Rainbow Pasta 1  
Sweetcorn, Peppers  
Strawberry Mousse 7  
Mr Nourish Biscuit 1  
Fruit Pots

BBQ Chicken  
Sweet Potato & Bean Wrap 1 VG  
Tomato Spaghetti 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Rice, Seasonal Vegetables  
Banana Loaf 1,9  
& Chocolate Custard 7  
Fruit Pots, Mr Nourish Biscuit 1

Roast Chicken & Gravy  
Vegan Sausage Roll 1 VG  
Cheesy Pasta 1,7 V  
Jackets with a Choice of Toppings 7,8,9  
Rustic Roast Potatoes  
Green Beans, Carrots  
Fruity Cornflake Cake 1,7  
Mr Nourish Biscuit 1  
Fruit Pots, Yoghurt 3,7

Bolognese Penne Pasta 1  
Cheesy Cajun Wedges 4,7 V  
Pesto & Pea Pasta 1,7 VG  
Jackets with a Choice of Toppings 7,8,9  
Cauliflower, Broccoli  
Sweet Potato Cake 1,9  
Mr Nourish Biscuit 1  
Fruit Pots, Yoghurt 3,7

Fish Fingers 1,8  
Bruschetta 1,7 V  
Tomato & Sweetcorn Penne 1 VG  
Jackets with a Choice of Toppings 7,8,9  
Chips, Peas  
Baked Beans, Coleslaw 9  
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

LOOK OUT FOR OUR THEMED DAYS!



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.