

# CELEBRATING 20 YEARS

**NOURISH**  
GROW WITH US

Established 2003

OCT 23 TO MAR 24

# WEEKLY MENU

|               | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---------------|--|--|--|---|--|
| <b>Week 1</b> | Chicken & Tomato Pasta Bake 1.7<br>Cauliflower & Chick Pea Curry vG<br>Jackets with a Choice of Toppings 7.8.9 | Chicken Stew & Dumpling 1<br>Pesto Pasta Bake 1.7 v<br>Jackets with a Choice of Toppings 7.8.9<br>Green Beans, Carrots | Roast Turkey & Gravy<br>Lentil & Bean Loaf 1 vG<br>Jackets with a Choice of Toppings 7.8.9<br>Rustic Roast Potatoes<br>Cauliflower, Broccoli                                     | Turkey Carbonara Pasta 1.7<br>Falafel Wrap 1 vG<br>Jackets with a Choice of Toppings 7.8.9<br>New Potatoes<br>Seasonal Vegetables   | Fish Fingers 1.8<br>Cheesy Bean Slice 1.7 v<br>Jackets with a Choice of Toppings 7.8.9<br>Chips, Peas<br>Baked Beans, Coleslaw 9               |
| 30th Oct      | Rice, Sweetcorn, Peppers   | Apple Crumble 1 & Custard 7  | Fruit Jelly  | Chocolate Swirl 1.7   | Ginger Biscuit 1.15  |
| 27th Nov      | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1  | Yoghurt 3.7  |
| 8th Jan       | Fruit Pots   | Fruit Pots   | Fruit Pots, Yoghurt 3.7  | Fruit Pots, Yoghurt 3.7   | Fruit Pots   |
| 5th Feb       |  |  |  |   |  |
| 11th Mar      |  |  |  |   |  |
| <b>Week 2</b> | Mild Chilli 4<br>Cheesy Pasta Bake 1.7 v<br>Jackets with a Choice of Toppings 7.8.9                            | Chicken Noodles 1.3.16<br>Vegetable Nuggets & Tomato Sauce 1 vG<br>Jackets with a Choice of Toppings 7.8.9             | Roast Chicken & Gravy<br>Roast Vegetable Yorkshire Pudding Wrap 1.7.9 v<br>Jackets with a Choice of Toppings 7.8.9<br>Rustic Roast Potatoes or Jollof Rice<br>Cabbage, Sweetcorn | Macaroni Cheese 1.7 v<br>Rice & Bean Burrito 1 vG<br>Jackets with a Choice of Toppings 7.8.9<br>Baked Wedges<br>Seasonal Vegetables | Salmon Fishcakes 1.7.8<br>Margherita Pizza 1.3.7.9 v<br>Jackets with a Choice of Toppings 7.8.9<br>Chips, Peas, Baked Beans<br>Cucumber Sticks |
| 6th Nov       | Rice, Carrots<br>Green Beans   | Rainbow Rice, Carrots, Peas  | Popcorn & Raisin Pot   | Sunshine Bar 1.6.15.16  | Jaffa Biscuit 1  |
| 4th Dec       | Ice Cream 7  | Toffee Apple Pudding 1.9 & Custard 7   | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1  | Yoghurt 3.7  |
| 15th Jan      | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1  | Fruit Pots   |
| 19th Feb      | Fruit Pots   | Fruit Pots   | Fruit Pots, Yoghurt 3.7  | Fruit Pots, Yoghurt 3.7   | Fruit Pots   |
| 18th Mar      |  |  |  |   |  |
| <b>Week 3</b> | Keema Pie<br>Cheese & Tomato Garlic Dough Balls 1.7 v<br>Jackets with a Choice of Toppings 7.8.9               | Chicken Curry<br>Tomato & Herb Pasta 1 vG<br>Jackets with a Choice of Toppings 7.8.9                                   | Roast Beef & Gravy<br>Cheese & Onion Pinwheel 1.7 v<br>Jackets with a Choice of Toppings 7.8.9<br>Rustic Roast Potatoes or Jollof Rice<br>Cabbage, Peas                          | Chicken & Sweetcorn Pie 1<br>Pesto Pasta 1.7 v<br>Jackets with a Choice of Toppings 7.8.9<br>New Potatoes<br>Seasonal Vegetables    | Fish Fingers 1.8<br>Quorn Sausage 1 vG<br>Jackets with a Choice of Toppings 7.8.9<br>Chips, Peas, Baked Beans<br>Roasted Onions                |
| 13th Nov      | New Potatoes<br>Green Beans, Carrots   | Rice, Sweetcorn<br>Onion Slaw  | Fruit Jelly  | Sweet Potato Cake 1.9   | Apple Flapjack 1.15  |
| 11th Dec      | Chocolate Whip 7   | Jam Sponge 1.9 & Custard 7   | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1  | Yoghurt 3.7  |
| 22nd Jan      | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1  | Fruit Pots   |
| 26th Feb      | Fruit Pots, Mr Nourish Biscuit 1   | Fruit Pots   | Fruit Pots, Yoghurt 3.7  | Fruit Pots, Yoghurt 3.7   | Fruit Pots   |
| 25th Mar      |  |  |  |   |  |
| <b>Week 4</b> | BBQ Chicken<br>Tomato Spaghetti 1 vG<br>Jackets with a Choice of Toppings 7.8.9                                | PIZZA DAY<br>Spicy Beef Pizza 1.3.7.9<br>or Margherita Pizza 1.3.7.9 v<br>Jackets with a Choice of Toppings 7.8.9      | Roast Chicken & Gravy<br>Vegan Sausage Roll 1 vG<br>Jackets with a Choice of Toppings 7.8.9<br>Rustic Roast Potatoes or Jollof Rice<br>Green Beans, Carrots                      | Bolognese Penne Pasta 1<br>Cheesy Cajun Wedges 4.7 v<br>Jackets with a Choice of Toppings 7.8.9<br>Cauliflower, Broccoli            | Fish Fingers 1.8<br>Bruschetta 1.7 v<br>Jackets with a Choice of Toppings 7.8.9<br>Chips, Peas<br>Baked Beans, Coleslaw 9                      |
| 20th Nov      | Rice, Seasonal Vegetables  | Rainbow Pasta 1<br>Sweetcorn, Peppers  | Fruity Cornflake Cake 1.7  | Jam Swirl 1   | Caramel Cookie 1.7   |
| 18th Dec      | Banana Loaf 1.9 & Chocolate Custard 7  | Strawberry Mousse 7  | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1  | Fruit Pots, Yoghurt 3.7  |
| 1st Jan       | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1   | Mr Nourish Biscuit 1  | Fruit Pots, Yoghurt 3.7  |
| 29th Jan      | Fruit Pots   | Fruit Pots   | Fruit Pots, Yoghurt 3.7  | Fruit Pots, Yoghurt 3.7   | Fruit Pots, Yoghurt 3.7  |
| 4th Mar       |  |  |  |   |  |



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.