

NOURISH

NOVEMBER 2024
TO MARCH 2025

WEEKLY MENU

LOOK OUT FOR
OUR THEMED DAYS!

WEEK ONE

4TH NOVEMBER
2ND DECEMBER
6TH JANUARY
3RD FEBRUARY
10TH MARCH

WEEK TWO

11TH NOVEMBER
9TH DECEMBER
13TH JANUARY
10TH FEBRUARY
17TH MARCH

WEEK THREE

18TH NOVEMBER
16TH DECEMBER
20TH JANUARY
14TH FEBRUARY
24TH MARCH

WEEK FOUR

25TH NOVEMBER
30TH DECEMBER
27TH JANUARY
3RD MARCH
31ST MARCH

MONDAY

Cheese & Bean Lasagne 1,3,4,7,9 V
Sweet Potato & Chick Pea Curry VG
Jackets with a Choice of Toppings 7,8,9
Rice, Sweetcorn, Peppers
Rice Pudding & Syrup 7
Mr Nourish Biscuit 1VG
Fruit Pots VG

Chicken & Sweetcorn Pie 1
Herby Tomato Pasta Twists 1VG
Jackets with a Choice of Toppings 7,8,9
New Potatoes, Carrots, Peas
Ice Cream 7
Mr Nourish Biscuit 1VG
Fruit Pots VG

Katsu Chicken Nugget 1
Cheesy Pasta Bake 1,7V
Jackets with a Choice of Toppings 7,8,9
Rice, Sweetcorn, Peppers
Chocolate Whip 7
Mr Nourish Biscuit 1VG
Fruit Pots VG

Margherita Pizza 1,3,7,9 V
Meatfree Meatballs in Tomato Sauce VG
Jackets with a Choice of Toppings 7,8,9
Rainbow Pasta 1VG, Sweetcorn, Peppers
Strawberry Mousse 7
Mr Nourish Biscuit 1VG
Fruit Pots VG

TUESDAY

Beef Stew & Dumpling 1
Pesto Pasta Bake 1,7V
Jackets with a Choice of Toppings 7,8,9
Herby Bread 1,3,7,9, Green Beans, Carrots
Apple Crumble 1VG & Custard 7
Mr Nourish Biscuit 1VG
Fruit Pots VG

Mild Chilli 4
Pesto & Pea Penne 1,7V
Jackets with a Choice of Toppings 7,8,9
Rice, Seasonal Vegetables
Toffee Apple Pudding 1VG & Custard 7
Mr Nourish Biscuit 1VG
Fruit Pots VG

Cheese & Onion Pinwheel 1,7V
Spaghetti Vegetable Bolognaise 1VG
Jackets with a Choice of Toppings 7,8,9
New Potatoes, Green Beans, Carrots
Syrup Sponge 1VG & Custard 7
Mr Nourish Biscuit 1VG
Fruit Pots VG

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

WEDNESDAY

Roast Turkey & Gravy
Falafel Burger 1,5 VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Cauliflower, Broccoli
Fruit Jelly VG
Mr Nourish Biscuit 1VG
Yoghurt 3,7, Fruit Pots VG

Roast Chicken & Gravy
Vegan Sausage Roll 1VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Cabbage, Sweetcorn
Chocolate Crispy Cake 1,3,7,16
Mr Nourish Biscuit 1VG
Yoghurt 3,7, Fruit Pots VG

Savoury Mince & Yorkshire Puddings 1,7,9
Samosa Puff 1VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes, Cabbage, Peas
Fruit Jelly VG
Mr Nourish Biscuit 1VG
Yoghurt 3,7, Fruit Pots VG

Roast Chicken & Gravy
Chinese Tofu wrap 1,3,16 VG
Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes or Jollof Rice
Green Beans, Carrots
Ice Cream 7
Mr Nourish Biscuit 1VG
Yoghurt 3,7, Fruit Pots VG

THURSDAY

Chicken Arrabiatta Pasta 1
Biryani Balls in a Curry Sauce 1VG
Jackets with a Choice of Toppings 7,8,9
Seasonal Vegetables
Chocolate & Vanilla Cake 1,7
Mr Nourish Biscuit 1VG
Yoghurt 3,7, Fruit Pots VG

Macaroni Cheese 1,7V
Rice & Bean Burrito 1VG
Jackets with a Choice of Toppings 7,8,9
Baked Wedges, Green Beans, Cauliflower
Fruit Loaf 1,3,7,9
Mr Nourish Biscuit 1VG
Yoghurt 3,7, Fruit Pots VG

Sweet Chilli Chicken Noodles 1,3,16
Potato & Vegetable Cake
with Tomato Sauce VG
Jackets with a Choice of Toppings 7,8,9
Garlic Bread 1,3,7,9, Seasonal Vegetables
Cinnamon Roll 1,3,7,9
Mr Nourish Biscuit 1VG
Yoghurt 3,7, Fruit Pots VG

Bolognaise Penne Pasta 1
Cheesy Cajun Wedges 4,7V
Jackets with a Choice of Toppings 7,8,9
Cauliflower, Broccoli
Jam & Vanilla Cake 1VG
Mr Nourish Biscuit 1VG
Yoghurt 3,7, Fruit Pots VG

FRIDAY

Fish Fingers 1,8
Cheese & Tomato Puff 1,7V
Jackets with a Choice of Toppings 7,8,9
Chips, Peas, Baked Beans, Coleslaw 9
Ginger Biscuit 1,15 VG
Yoghurt 3,7
Fruit Pots VG

Salmon Fish Cake 1,7,8
Margherita Pizza 1,3,7,9 V
Jackets with a Choice of Toppings 7,8,9
Chips, Peas, Baked Beans, Carrot Sticks
Jaffa Biscuit 1VG
Yoghurt 3,7
Fruit Pots VG

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

Fish Fingers 1,8
Bruschetta 1,7V
Jackets with a Choice of Toppings 7,8,9
Chips, Peas, Baked Beans, Coleslaw 9
Coconut Cookie 1,7
Yoghurt 3,7
Fruit Pots VG

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 celery. Please discuss with your manager.

VG Vegan V Vegetarian
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

Allergen
Accreditations

EAT YOUR VEGGIES!

