

CELEBRATING 20 YEARS

NOURISH

Established 2003

OCT 23 TO MAR 24

Weekly Menu



- 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
Week 1	Sweet & Sour Pork Noodles 1 Cauliflower & Chick Pea Curry v6	Chicken Stew & Dumpling 1 Pesto Pasta Bake 1,7 v	Minced Beef & Yorkshire Pudding 1,7,9 Lentil & Bean Loaf 1 v6	Pasta Carbonara 1,7 Falafel Wrap 1 v6	Fish Fingers 1,8 Cheesy Bean Slice 1,7 v
30th Oct					
27th Nov	Rice, Sweetcorn Peppers	Green Beans, Carrots	Rustic Roast Potatoes Cauliflower, Broccoli	New Potatoes Seasonal Vegetables	Chips, Peas Baked Beans, Coleslaw 9
8th Jan	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
5th Feb					
11th Mar					
Week 2	Beef & Onion Pie 1 Macaroni Cheese 1,7 v	Chicken Noodles 1,3,16 Vegetable Nuggets & Tomato Sauce 1 v6	Roast Pork & Gravy Roast Vegetable Yorkshire Pudding Wrap 1,7,9 v	Mild Chilli 4 Cheesy Pasta Bake 1,7 v	Sausages 1,6 Quorn Sausage 1 v6
6th Nov					
4th Dec	New Potatoes 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					
Week 3	Minced Beef Fajita 1,4 Cheese & Tomato Garlic Dough Balls 1,7 v	Chicken Curry Tomato & Herb Pasta 1 v6	Roast Gammon & Gravy Cheese & Onion Pinwheel 1,7 v	Chicken & Sweetcorn Pie 1 Pesto Pasta 1,7 v	Fish Fingers 1,8 Baked Bean Burger in a Bun 1,5 v6
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
22nd Jan	Chocolate Whip 7 Mr Nourish Biscuit 1 Fruit Pots	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					
Week 4	Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7 v	Barbecue Pork Quorn Sausages 1 v6	Roast Chicken & Gravy Vegan Sausage Roll 1 v6	PIZZA DAY - Chicken & Pepper Pizza 1,3,7,9 Margherita Pizza 1,3,7,9 v	Chicken Bites 1 Bruschetta 1,7 v
20th Nov					
18th Dec	Rainbow Pasta 1 Cauliflower, Broccoli	Savoury Rice Seasonal Vegetables	Rustic Roast Potatoes Green Beans, Carrots	New Potatoes Sweetcorn, Peppers	Chips, Peas Baked Beans, Coleslaw 9
1st 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 Yoghurt 3,7 Fruit Pots
29th Jan					
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.