

# CELEBRATING 20 YEARS

## NOURISH

GROW WITH US

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
<b>Week 1</b>					
30th Oct	Vegetable Pasta Bake 1,7 V Butternut Squash & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9	Chicken Sausage Roll 1,6 Vegan Sausage Roll 1 VG Cheese Wrap 1,7 V	Minced Beef Hot Pot Lentil & Bean Loaf 1 VG Jackets with a Choice of Toppings 7,8,9	Chicken Curry Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Cheesy Bean Slice 1,7 V Jackets with a Choice of Toppings 7,8,9
27th Nov					
8th Jan	Rice, Sweetcorn, Peppers	Vegetable Sticks	Rustic Roast Potatoes Cauliflower, Broccoli	Rice, Green Beans Carrots	Chips, Peas Baked Beans, Coleslaw 9
5th Feb	Rice Pudding & Jam 7 Mr Nourish Biscuit 1 Fruit Pots	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
11th Mar					
<b>Week 2</b>					
6th Nov	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 VG Jackets with a Choice of Toppings 7,8,9	Chicken Noodles 1,3,16 Vegetable Nuggets & Tomato Sauce 1 VG Jackets with a Choice of Toppings 7,8,9	Roast Chicken & Gravy Roast Vegetable Yorkshire Pudding Wrap 1,7,9 V Jackets with a Choice of Toppings 7,8,9	Mild Chilli Cheese & Tomato Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Salmon Risotto 8 Margherita Pizza 1,3,7,9 V Jackets with a Choice of Toppings 7,8,9
4th Dec	Baked Wedges Seasonal Vegetables	Rainbow Rice, Carrots Green Beans	Rustic Roast Potatoes or Jollof Rice Cabbage, Sweetcorn	Rice, Carrots, Peas	Chips, Peas, Baked Beans Cucumber Sticks
15th Jan	Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Sunshine Bar 1,6,15,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Popcorn & Raisin Pot Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 3,7	Toffee Apple Pudding 1,9 & Custard 7 Fruit Pots, Mr Nourish Biscuit 1	Jaffa Biscuit 1 Yoghurt 3,7 Fruit Pots
19th Feb					
18th Mar					
<b>Week 3</b>					
13th Nov	Spaghetti Vegetable Bolognese 1 VG Caribbean Slice 1 VG Jackets with a Choice of Toppings 7,8,9	Chicken Pizza Slice 1,3,7,9 Margherita Pizza Slice 1,3,7,9 V Egg Mayonnaise Wrap 1,9 V	Jerk Chicken Cheese & Onion Pinwheel 1,7 V Jackets with a Choice of Toppings 7,8,9	BBQ Chicken Loaded Wedges Pesto Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9	Sausages 1,6 Quorn Sausage 1 VG Jackets with a Choice of Toppings 7,8,9
11th Dec	New Potatoes Green Beans, Carrots	Pasta Salad 1	Rustic Roast Potatoes or Jollof Rice Cabbage, Peas	Seasonal Vegetables	Chips, Peas, Baked Beans Roasted Onions
22nd Jan	Chocolate Whip 7 Fruit Pots, Mr Nourish Biscuit 1	Jam Sponge 1,9 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					
<b>Week 4</b>					
20th Nov	Margherita Pizza 1,3,7,9 V Vegetable Biryani VG Jackets with a Choice of Toppings 7,8,9	Chicken Nuggets 1 Vegetable Nuggets 1 VG Cheese & Tomato Puff 1,7 V	Roast Chicken & Gravy Bean Burger Pattie 1 VG Jackets with a Choice of Toppings 7,8,9	Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7 V Jackets with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Bruschetta 1,7 V Jackets with a Choice of Toppings 7,8,9
1st Jan	Rainbow Pasta 1 Sweetcorn, Peppers	Rice Salad	Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots	Cauliflower, Broccoli	Chips, Peas Baked Beans, Coleslaw 9
29th Jan	Strawberry Mousse 7 Mr Nourish Biscuit 1 Fruit Pots	Banana Loaf 1,9 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 Fruit Pots, Yoghurt 3,7
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.