GROW WITH US NOURI **APRIL TO OCTOBER 2024**

WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 15th Apr 13th May 17th June 15th July 2nd Sept 30th Sept	Cheese & Tomato Pinwheel 1,7 v Sweet Potato & Bean Pie vo Jackets with a Choice of Toppings 7,8,9 Baked Potato Wedges Peas, Carrots Peach Crumble 1 vo & Custard 7 Mr Nourish Biscuit 1 vo	Chicken Nuggets 1 Vegetable Nuggets 1 vs Cheese Wrap 1,7 v Rice Salad Cornflake Cookie 1,7 Fruit Pots vs	Beef & Onion Pie 1 Cheesy Pasta Twists 1,7 v Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Strawberry Mousse 7 Mr Nourish Biscuit 1 vg Fruit Pots vg	Chicken Fajitas 1,4 Tomato Spaghetti 1 ve Jackets with a Choice of Toppings 7,8,9 Rice, Cauliflower, Carrots Traybake Pancake 1,7,9 & Berry or Chocolate Sauce Mr Nourish Biscuit 1 ve Yoghurt 3,7, Fruit Pots ve	Margherita Pizza 1,3,7,9 v Salmon Pasta 1,7,8 Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Carrot Sticks Daty Biscuit 1,15 vG Yoghurt 3,7 Fruit Pots vG
WEEK 2 22ND APR 20TH MAY 24TH JUNE 22ND JULY 9TH SEPT 7TH OCT	Chicken Pie 1 Pesto Pasta Bake 1,7 v Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Ice Cream 7 Mr Nourish Biscuit 1 ve Fruit Pots ve	Meatfeast Pizza Slice 1,3,7,9 Margherita Pizza Slice 1,3,7,9 v Egg Mayonnaise Wrap 1,9 v Pasta Salad Mr Nourish Biscuit 1 ve Fruit Pots ve	BBQ Pulled Chicken Loaded Wedges Herby Tomato Penne Pasta 1 v6 Jackets with a Choice of Toppings 7,8,9 Sweetcorn, Courgettes Chocolate Pudding 1,9 & Chocolate Sauce 7 Mr Nourish Biscuit 1 v6	Macaroni Cheese 1,7 v Vegetable Hot Pot 16 vg Jackets with a Choice of Toppings 7,8,9 Carrots, Green Beans Garlic Bread 1,3,7,9 Peach Sponge 1,9 Mr Nourish Biscuit 1 vg Yoghurt 3,7, Fruit Pots vg	Fish Fingers 1,8 Cheese & Spinach Pinwheel 1,7 v Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9 Ginger Biscuit 1 v6 Yoghurt 3,7 Fruit Pots v6
WEEK 3 29TH APR 3RD JUNE 1ST JULY 16TH SEPT 14TH OCT	Sweet Chicken Curry Cheesy Pasta 1,7 v Jackets with a Choice of Toppings 7,8,9 Rice, Seasonal Vegetables Herby Bread 1,3,7,9 Apple Crumble 1 v6 & Custard 7 Mr Nourish Biscuit 1 v6 Fruit Pots v6	Jerk Drumstick Caribbean Pastie 1 vg Cheese Wrap 1,7 v Rice Salad Crispy Cake 3,7,16 Fruit Pots vg	Chicken Sausage Roll 1,6 Quorn Sausage & Gravy 1 v6 Jackets with a Choice of Toppings 7,8,9 Mashed Potato Baked Beans, Broccoli Banana & Toffee Cake 1,7,9 Mr Nourish Biscuit 1 v6 Fruit Pots v6	Margherita Pizza 1,3,7,9 v Loaded Cajun Bean Wedges vo Jackets with a Choice of Toppings 7,8,9 New Potatoes Sweetcorn, Peppers Lemon Drizzle Cake 1,9 Mr Nourish Biscuit 1 vo Yoghurt 3,7, Fruit Pots vo	Chicken Bites 1 Summer Frittata 7,9 v Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Cucumber Sticks Caramel Cookie 1,7 Yoghurt 3,7 Fruit Pots ve
WEEK 4 6th May 10th June 8th July 23rd Sept 21st Oct	Jerk Chicken Tomato & Herb Pasta 1 vg Jackets with a Choice of Toppings 7,8,9 Sunshine Rice Cauliflower, Carrots Ice Cream 7 Mr Nourish Biscuit 1 vg Fruit Pots vg	Sausage Bap 1,5,6 Quorn Sausage Bap 1,5,6 vG Samosa Puff 1 vG Potato Salad 1,9 Oaty Biscuit 1,15 Fruit Pots vG	Singapore Noodles 1,3,16 vG Cheese & Bean Wrap Pocket 1,7 v Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Jam Tart 1,6 vG & Custard 7 Mr Nourish Biscuit 1 vG Fruit Pots vG	Penne Bolognaise 1 Rice & Bean Burrito 1 vs Jackets with a Choice of Toppings 7,8,9 Baked Wedges, Green Beans Sweetcorn, Garlic Bread 1,3,7,9 Beetroot Cake 1,9 Mr Nourish Biscuit 1 vs Yoghurt 3,7, Fruit Pots vs	Fish Fingers 1,8 Vegetable Pastie 1 vc Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9 Vegan Brownie 1 vc Yoghurt 3,7 Fruit Pots vc
KEY: VG Venetarian (UR THEVED)					

OUR THEMED Days! 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.

Δ



llergen

11

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 Dat Gluten 16 Barley Gluten