NOVEMBER TO MARCH 2027

NOURISH

THE NOURISH MENU

BANG IN SOME BEANS!
DISHES WITH ME NEXT TO THEM CONTAIN BEANS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 2 November 23 November 14 December 18 January 8 February 8 March	Chicken Pie **1** Vegetable Pie **1 VG** Cheesy Pasta **1,3,7 V** Crushed Potatoes Carrots Ice Cream **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Beef Bolognaise Pasta **1** Soy Mince Bolognaise Pasta **1 VG** Jacket Potato with A Choice of Toppings **7,8,9** Garlic Bread **1,3** Seasonal Vegetables Bananas & Chocolate Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Gammon & Gravy Vegetable Sausage **1 VG** Herby Tomato Pasta **1 VG** Rustic Roast Potatoes Peas Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Black Bean Jambalaya **VG** Margherita Pizza **1,3,7 V** Jacket Potato with A Choice of Toppings **7,8,9** Sweetcorn Rainbow Pasta **1** Beetroot Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Chicken Nuggets **1** Vegetable Nuggets **1 VG** Pesto Pasta **1 VG** Chips, Peas Oaty Biscuit **1,3,15 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 9 November 30 November 4 January 25 January 22 February 15 March	BBQ Chicken Pesto Pasta Bake **1,7 V** Jacket Potato with A Choice of Toppings **7,8,9** Rice Carrots Jam Tart **1,3 VG** & Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Tomato & Broccoli Pasta **1 VG** Cheesy Pasta **1,3,7 V** Jacket Potato with A Choice of Toppings **7,8,9** Seasonal Vegetables Strawberry Panna Cotta Milky Jelly **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Chicken & Gravy Vegetable Wellington **1 VG** Pesto Pasta **1 VG** Rustic Roast Potatoes Broccoli Crispy Cake **1,7,16** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Beef Stew & Dumpling **1,3** Country Vegetable Stew & Dumplings **1,3 VG** Cheesy Pasta **1,3,7 V** Herby Bread **1,3** Green Beans Apple Crumble Bar **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Salmon Fish Cake **1,8** Margherita Pizza **1,3,7 V** Herby Tomato Pasta **1 VG** Chips, Peas Banana Bread **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK THREE 16 November 7 December 11 January 1 February 1 March 22 March	Macaroni Cheese **1,3,7 V** Red Pepper & Bean Masala & Rice **VG** Jacket Potato with A Choice of Toppings **7,8,9** Garlic Bread **1,3,** Cauliflower Peach Crumble **1,3 VG** & Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Chicken Noodles **1,3** Vegetable Noodles **1,3 V** Jacket Potato with A Choice of Toppings **7,8,9** Potato Wedges Carrots Caramel Mousse **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Pork Sausage **1,3,6** Quorn Sausage **1 VG** Pesto Pasta **1 VG** Rustic Mashed Potatoes Baked Beans Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Mild Chilli Tangy Black Bean Cobbler **1,3 VG** Herby Tomato Pasta **1 VG** Rice Seasonal Vegetables Chocolate Sponge Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Fish Fingers **1,8** Cheese & Tomato Pinwheel **1,7 V** Tomato & Sweetcorn Pasta **1 VG** Chips, Peas Crispy Cookie **1,3,7,16** Yoghurt **3,7** Fruit Pots **VG**

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AVAILABLE DAILY

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 VG Vegan V Vegetarian

Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.