NOVEMBER TO MARCH 2027

NOURISH

Available every day: Jacket Potato 7,8,9 with Cheese/Baked Beans/Tuna. School Pack: Cheese, Ham, or Tuna Sandwich

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** Pesto Pasta **1 VG** Crushed Potatoes Peas Carrots Ice Cream **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Beef Bolognaise Pasta Bake **1,3,7** Vegetable Chilli Skins **VG** Garlic Bread **1,3** Seasonal Vegetables Bananas & Chocolate Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Gammon & Gravy Cheese & Potato Pie **1,3,7 V** Rustic Roast Potatoes Cabbage Peas Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Margherita Pizza **1,3,7 V** Vegetable Shepherds Pie **VG** Sweetcorn Broccoli Rainbow Pasta **1** Apple Crumble Bar **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Chicken Nuggets **1** Cheese & Tomato Pinwheel **1,7 V** Chips Peas or Baked Beans Carrot Sticks 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** Rice, Carrots Peas Jam Tart **1,3 VG** & Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Tomato & Broccoli Pasta **1 VG** Cheese & Bean Burrito with Wedges **1,7 V** Seasonal Vegetables Jelly **VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Chicken & Gravy Vegan Cowboy Hotpot **1 VG** Rustic Roast Potatoes Broccoli Carrots Crispy Cake **1,7,16** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Beef Stew & Dumpling **1,3** Herby Tomato Spaghetti **1 VG** Herby Bread **1,3** Seasonal Vegetables Cake **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** Chips Peas or Baked Beans 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** BBQ Bean Loaded Wedges **VG** Garlic Bread **1,3** Sweetcorn Green Beans Apple Crumble **1,3 VG** & Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Chicken Fajitas **1** Cheese & Tomato Pasta Bake **1,7 V** Potato Wedges Carrots Peas Caramel Mousse **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Pork Sausage **1,3,6** Quorn Sausage **1 VG** Rustic Mashed Potatoes Baked Beans Broccoli Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Minced Beef Cobbler **1,3** Herby Tomato Pasta **1 VG** Herby Bread **1,3** Seasonal Vegetables Chocolate Sponge Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Fish Fingers **1,8** BBQ Wrap Stack **1,7 V** Chips Peas or Baked Beans Cucumber Sticks Crispy Cookie **1,3,7,16** Yoghurt **3,7** Fruit Pots **VG**

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

AVAILABLE DAILY

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.