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** Bubble & Squeak Burger **1,5 VG** Herby Tomato Pasta **1 VG** Crushed Potatoes Cauliflower Carrots Chocolate Mousse **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Beef Lasagne **1,3,4,7,9** Vegetable Chilli Skins **VG** Jackets 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 Chicken & Gravy Cheese & Potato Pie **1,3,7 V** Pesto Pasta **1 VG** Rustic Roast Potatoes or Jollof Rice Cabbage Peas Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Margherita Pizza **1,3,7 V** Black Bean Jambalaya **VG** Jackets with a Choice of Toppings **7,8,9** Sweetcorn, Broccoli Rainbow Pasta **1** Beetroot Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Chicken Nuggets **1** Cheese & Tomato Pinwheel **1,7 V** Tomato & Sweetcorn Pasta **1 VG** Chips, Peas 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 Tex-Mex Black Bean Soft Taco **1 VG** 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** Buffalo Cauliflower Wings **VG** Jackets with a Choice of Toppings **7,8,9** Cheesy Wedges **7** Seasonal Vegetables Strawberry Panna Cotta Milky Jelly **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Chicken & Gravy Vegan Cowboy Hotpot **1 VG** Herby Tomato Pasta **1 VG** Rustic Roast Potatoes or Jollof Rice Broccoli, Carrots Crispy Cake **1,7,16** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Beef Casserole & Dumpling **1,3** Tomato Spaghetti **1 VG** Jackets with a Choice of Toppings **7,8,9** Herby Bread **1,3** Green Beans, Cauliflower Apple Crumble Bar **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Salmon Fish Cake **1,8** or Fish Fingers **1,8** Margherita Pizza **1,3,7 V** Mediterranean Pasta **1, VG** Chips, Peas Baked Beans Coleslaw **9** 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** Jackets with a Choice of Toppings **7,8,9** Garlic Bread **1,3** Cauliflower, Green Beans Peach Crumble **1,3 VG** & Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Chicken Noodles **1,3** BBQ Wrap Stack **1,7 V** Cheesy Pasta **1,3,7 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** Jackets with a Choice of Toppings **7,8,9** Rustic Mashed Potatoes Baked Beans, Broccoli Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Chicken Curry Tangy Black Bean Loaded Wedges **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 & Bean Burrito **1,7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Peas 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.

Collis