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** Pesto Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** 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** 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 Gammon & Gravy Cheese & Potato Pie **1,3,7 V** Jackets with a Choice of Toppings **7,8,9** 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** Jackets with a Choice of Toppings **7,8,9** 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** Jackets with a Choice of Toppings **7,8,9** 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 Pesto Pasta Bake **1,7 V** Jackets with a Choice of Toppings **7,8,9** 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** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Jelly **VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Chicken & Gravy Vegan Cowboy Hotpot **1 VG** Jackets with a Choice of Toppings **7,8,9** 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** Jackets with a Choice of Toppings **7,8,9** Herby Bread **1,3** Seasonal Vegetables Beetroot 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** Jackets with a Choice of Toppings **7,8,9** 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** BBQ Bean Loaded Wedges **VG** Jackets with a Choice of Toppings **7,8,9** 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** Jackets with a Choice of Toppings **7,8,9** 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**	Minced Beef Cobbler **1,3** Herby Tomato Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** 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** 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**

Norfolk

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.