NOVEMBER TO MARCH 2027

NOURISH



GLUTEN FREE

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 Stew Pesto GF Pasta **14 VG** Jackets with a Choice of Toppings **7,8,9** Crushed Potatoes Peas Carrots Ice Cream **7** Fruit Pots **VG**	Beef Bolognaise GF Pasta **14** Vegetable Chilli Skins **VG** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Bananas & Chocolate Custard **7** Fruit Pots **VG**	Roast Gammon & Gravy Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Cabbage Peas Fruit Jelly **VG** Yoghurt **3,7** Fruit Pots **VG**	Vegetable Shepherd's Pie **VG** Jackets with a Choice of Toppings **7,8,9** Sweetcorn Broccoli Yoghurt **3,7** Fruit Pots **VG**	Gluten Free Fillet of Fish **8** Jackets with a Choice of Toppings **7,8,9** Chips Peas Baked Beans Carrot Sticks Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 9 November 30 November 4 January 25 January 22 February 15 March	BBQ Chicken Pesto GF Pasta **14 VG** Jackets with a Choice of Toppings **7,8,9** Rice, Carrots Peas Fruit& Custard **7** Fruit Pots **VG**	Tomato & Broccoli GF Pasta **14 VG** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Jelly **VG** Fruit Pots **VG**	Roast Chicken & Gravy Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Broccoli Carrots Yoghurt **3,7** Fruit Pots **VG**	Beef Stew Herby Tomato GF Pasta **14 VG** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Yoghurt **3,7** Fruit Pots **VG**	Gluten Free Fillet of Fish **8** Jackets with a Choice of Toppings **7,8,9** Chips Peas Baked Beans Coleslaw **9** Yoghurt **3,7** Fruit Pots **VG**
WEEK THREE 16 November 7 December 11 January 1 February 1 March 22 March	BBQ Bean Loaded Wedges **VG** Jackets with a Choice of Toppings **7,8,9** Sweetcorn Green Beans Apple & Custard **7** Fruit Pots **VG**	Cheese & Tomato GF Pasta Bake **14,7 V** Jackets with a Choice of Toppings **7,8,9** Potato Wedges Carrots Peas Caramel Mousse **7** Fruit Pots **VG**	GF Pork Sausage **6** Jackets with a Choice of Toppings **7,8,9** Rustic Mashed Potatoes Baked Beans Broccoli Fruit Jelly **VG** Yoghurt **3,7** Fruit Pots **VG**	Savoury Minced Beef Herby Tomato GF Pasta **14 VG** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Yoghurt **3,7** Fruit Pots **VG**	Gluten Free Fillet of Fish **8** Jackets with a Choice of Toppings **7,8,9** Chips, Peas Baked Beans Cucumber sticks 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.



Norfolk