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

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.