

# CELEBRATING 20 YEARS

# NOURISH

Established 2003

OCT 23 TO MAR 24

# Weekly Menu



Dishes marked with any of the following numbers contain the matching allergen.

- 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

Allergen Accredited

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	Vegetable Lasagne 1,3,4,7,9 V Cauliflower & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn, Peppers Yoghurt 3,7 Fruit Pots	Chicken Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Green Beans Carrots Cheese & Biscuits 1,7 Fruit Pots	Minced Beef & Yorkshire Pudding 1,7,9 Lentil & Bean Loaf 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Cauliflower, Broccoli Yoghurt 3,7 Fruit Pots	Turkey Carbonara Pasta 1,7 Falafel Wrap 1 VG Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Cheese & Biscuits 1,7 Fruit Pots	Salmon Risotto 8 Cheesy Bean Slice 1,7 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9 Ginger Biscuit 1,15 Yoghurt 3,7 Fruit Pots
<b>Week 2</b>	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables Yoghurt 3,7 Fruit Pots	Chicken Noodles 1,3,16 Vegetable Nuggets & Tomato Sauce 1 VG Jackets with a Choice of Toppings 7,8,9 Rainbow Rice, Carrots, Peas Cheese & Biscuits 1,7 Fruit Pots	Roast Chicken & Gravy Roast Vegetable Yorkshire Pudding Wrap 1,7,9 V Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Cabbage, Sweetcorn Fruit Pots, Yoghurt 3,7	Mild Chilli 4 Cheesy Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9 Rice, Carrots Green Beans Cheese & Biscuits 1,7 Fruit Pots	Fish Fingers 1,8 Margherita Pizza 1,3,7,9 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Coleslaw 9 Apple Crumble 1 & Custard 7 Fruit Pots, Yoghurt 3,7
<b>Week 3</b>	Cheese & Tomato Garlic Dough Balls 1,7 V Spaghetti Vegetable Bolognese 1 VG Jackets with a Choice of Toppings 7,8,9 New Potatoes Green Beans, Carrots Fruit Pots, Yoghurt 3,7	Chicken Curry Tomato & Herb Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 Rice, Sweetcorn Onion Slaw Cheese & Biscuits 1,7 Fruit Pots	Roast Beef & Gravy Quorn Sausage 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Cabbage, Peas Yoghurt 3,7 Fruit Pots	Chicken & Sweetcorn Pie 1 Pesto Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Cheese & Biscuits 1,7 Fruit Pots	Sausages 1,6 Cheese & Onion Pinwheel 1,7 VG Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Coleslaw 9 Sweet Potato Cake 1,9 Yoghurt 3,7
<b>Week 4</b>	Vegetable Biryani VG Bruschetta 1,7 V Jackets with a Choice of Toppings 7,8,9 Rainbow Pasta 1 Sweetcorn, Peppers Yoghurt 3,7 Fruit Pots	BBQ Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9 Rice Seasonal Vegetables Cheese & Biscuits 1,7 Fruit Pots	Roast Chicken & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots Yoghurt 3,7 Fruit Pots	Bolognese Penne Pasta 1 Cheesy Cajun Wedges 4,7 V Jackets with a Choice of Toppings 7,8,9 Cauliflower, Broccoli Cheese & Biscuits 1,7 Fruit Pots	Fish Fingers 1,8 Margherita Pizza 1,3,7,9 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas Baked Beans, Coleslaw 9 Beetroot Brownie 1,9 Fruit Pots, Yoghurt 3,7



KEY: VG Vegan V Vegetarian

Available Daily: Selection of Salads 9, Homemade Bread 1,3,7,9.

Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.