NOVEMBER TO MARCH 2027

NOURISH

THE NOURISH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 2 November 23 November 14 December 18 January 8 February 8 March	Margherita Pizza **1,3,7 V** Tex-Mex Black Bean Soft Taco **1 VG** Jackets with a Choice of Toppings **7,8,9** Sweetcorn, Broccoli Rainbow Pasta **1** Rice Pudding Fruit Pots **VG**	Beef Bolognaise Pasta Bake **1,3,7** Cheese & Potato Pie **1,3,7 V** Black Bean Jambalaya **VG** Garlic Bread **1,3** Seasonal Vegetables Yoghurt **3,7** Fruit Pots **VG**	Roast Chicken & Gravy Tomato & Sweetcorn Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Cabbage Peas Cheese & Biscuit **1,7** Fruit Pots **VG**	Chicken Pie **1** Cheese & Tomato Pinwheel **1,7 V** Pesto & Pea Pasta **1 VG** Crushed Potatoes Cauliflower Carrots Yoghurt **3,7** Fruit Pots **VG**	Chicken Nuggets **1** Quorn Sausage **1 VG** Jackets with a Choice of Toppings **7,8,9** Chips, Peas Baked Beans, Carrot Sticks Beetroot Cake **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 9 November 30 November 4 January 25 January 22 February 15 March	Macaroni Cheese **1,3,7 V** BBQ Wrap Stack **1,7 V** Jackets with a Choice of Toppings **7,8,9** Cheesy Wedges **7** Seasonal Vegetables Rice Pudding Fruit Pots **VG**	BBQ Chicken Red Pepper & Bean Masala & Rice Pesto Pasta Bake Rice, Carrots, Peas Yoghurt **3,7** 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 Cheese & Biscuit **1,7** Fruit Pots **VG**	Beef Stew & Dumpling **1,3** Vegetable Chilli Skins **VG** Cheesy Pasta **1,3,7 V** Herby Bread **1,3** Green Beans, Cauliflower Yoghurt **3,7** Fruit Pots **VG**	Fish Fingers **1,8** Bubble & Squeak Burger **1,** Jackets with a Choice of Toppings **7,8,9** Chips, Peas Baked Beans, Coleslaw **9** Peach Crumble **1,3 VG** & Custard **7** Yoghurt **3,7** Fruit Pots **VG**
WEEK THREE 16 November 7 December 11 January 1 February 1 March 22 March	Cheese & Bean Burrito **1,7 V** Herby Tomato Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Garlic Bread **1,3** Cauliflower, Green Beans Rice Pudding Fruit Pots **VG**	Chicken Noodles **1,3** Country Vegetable Stew & Dumplings Tomato & Broccoli Pasta **1 VG** Potato Wedges Carrots, Peas Yoghurt **3,7** Fruit Pots **VG**	Chicken Sausage **1,3,6** Margherita Pizza **1,3,7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Baked Beans, Broccoli Cheese & Biscuit **1,7** Fruit Pots **VG**	Chicken Curry Mediterranean Pasta **1, VG** Tangy Black Bean Cobbler **1,3 VG** Rice Seasonal Vegetables Yoghurt **3,7** Fruit Pots **VG**	Salmon Fish Cake **1,8** Buffalo Cauliflower Wings **VG** Jackets with a Choice of Toppings **7,8,9** Potato Wedges, Peas Baked Beans Apple Sponge Cake **1,3 VG** 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.

Old Palace