

NOVEMBER TO
MARCH 2027

NOURISH



THE NOURISH MENU

**BANG IN
SOME BEANS!**
DISHES WITH ME NEXT
TO THEM CONTAIN BEANS



WEEK ONE

2 November
23 November
14 December
18 January
8 February
8 March

MONDAY

Chicken Pie **1**
Pesto & Pea Pasta **1 VG**
Tomato Pasta **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Crushed Potatoes
Cauliflower
Carrots

Ice Cream **7**
Mr Nourish Biscuit **1,3 VG**
Fruit Pots **VG**

TUESDAY

Beef Bolognese Pasta Bake **1,3,7**
Vegetable Chilli Skins **VG**
Tomato Pasta **1 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**

WEDNESDAY

Roast Gammon & Gravy
Cheese & Potato Pie **1,3,7 V**
Tomato Pasta **1 VG**
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**

THURSDAY

Margherita Pizza **1,3,7 V**
Black Bean Jambalaya **VG**
Tomato Pasta **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Sweetcorn
Broccoli
Rainbow Pasta **1**

Beetroot Cake **1,3 VG**
Mr Nourish Biscuit **1,3 VG**
Yoghurt **3,7** Fruit Pots **VG**

FRIDAY

Chicken Nuggets **1**
Cheese & Tomato Pinwheel **1,7 V**
Tomato Pasta **1 VG**
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**
Tomato Pasta **1 VG**
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**

Cheese & Broccoli Pasta **1,3,7 V**
Buffalo Cauliflower Wings **VG**
Tomato Pasta **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Cheesy Wedges **7**
Seasonal Vegetables

Strawberry Panna Cotta Milky Jelly **7**
Mr Nourish Biscuit **1,3 VG**
Fruit Pots **VG**

Roast Chicken & Gravy
Vegan Cowboy Hotpot **1 VG**
Tomato Pasta **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**
Cheesy Pasta **1,3,7 V**
Tomato Pasta **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Herby Bread **1,3**
Green Beans, Cauliflower

Apple Crumble Bar **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**
Tomato Pasta **1 VG**
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**
Red Pepper & Bean Masala & Rice **VG**
Tomato Pasta **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Garlic Bread **1,3**
Cauliflower, Green Beans

Peach Crumble **1,3 VG** & Custard **7**
Mr Nourish Biscuit **1,3 VG**
Fruit Pots **VG**

Chicken Noodles **1,3**
BBQ Wrap Stack **1,7 V**
Tomato Pasta **1 VG**
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**
Tomato Pasta **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**
Cheesy Pasta **1,3,7 V**
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**
Cheese & Bean Burrito **1,7 V**
Tomato Pasta **1 VG**
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**

1 Wheat **2** Gluten **3** Crustaceans **4** Soybean **5** Mustard **6** Sesame **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.

AVAILABLE
DAILY

Stour

