NOURISH

APRIL TO OCTOBER 2024



15TH APR . 13TH MAY 17TH JUNE . 15TH JULY 2ND SEPT . 30TH SEPT

WEEK 2

22ND APR . 20TH MAY 24TH JUNE . 22ND JULY 9TH SEPT . 7TH OCT

WEEK 3

29TH APR . 3RD JUNE **1ST JULY** . 16TH SEPT **14TH OCT**

WEEK 4

6TH MAY . 10TH JUNE 8TH JULY . 23RD SEPT 21st OCT

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 and celeriac. Please discuss with your manager.

MONDAY

Cheese & Tomato Pinwheel 1.7 V Sweet Potato & Bean Pie VG Jackets with a Choice of Toppings 7.8.9 **Baked Potato Wedges, Peas, Carrots** Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit Pots VG

Chicken Pie 1 Pesto Pasta Bake 1.7 V Jackets with a Choice of Toppings 7,8,9 New Potatoes, Seasonal Vegetables Ice Cream 7. Mr Nourish Biscuit 1 VG Yoghurt 3.7, Fruit Pots VG

Sweet Chicken Curry Cheesy Pasta 1.7 V Jackets with a Choice of Toppinas 7.8.9 Rice, Seasonal Vegetables, Herby Bread 1,3,7,9 Apple Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit Pots VG

> **Jerk** Chicken Tomato & Herb Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 **Sunshine Rice, Cauliflower, Carrots** Ice Cream 7. Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

> > Allergen

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TUESDAY

Reef & Onion Pie 1 Cheesy Pasta Twists 1,7 V Jackets with a Choice of Toppings 7,8,9 New Potatoes, Seasonal Vegetables Strawberry Mousse 7, Mr Nourish Biscuit 1 VG Yoahurt 3.7. Fruit Pots VG

BBO Pulled Pork Loaded Wedges Herby Tomato Penne Pasta 1 VG Jackets with a Choice of Toppings 7,8,9 Sweetcorn, Courgettes Chocolate Puddina 1.9 & Chocolate Sauce 7 Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit Pots VG

Sausaae Roll 1.6 Quorn Sausage & Gravy 1 VG Jackets with a Choice of Toppings 7,8,9 Mashed Potato, Baked Beans, Broccoli Banana & Toffee Cake 1.7.9. Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

> Singapore Noodles 1,3,16 VG Cheese & Bean Wrap Pocket 1.7 V Jackets with a Choice of Toppings 7,8,9

New Potatoes, Seasonal Vegetables Jam Tart 1.6 VG & Custard 7. Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

WEDNESDAY

Roast Gammon & Gravy Bean Chilli with Baked Tortilla Chips 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Broccoli, Sweetcorn Cornflake Cookie 1.7. Mr Nourish Biscuit 1 VG Yoghurt 3.7, Fruit Pots VG

Roast Chicken & Gravy BBO Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Cabbage, Carrots Fruit Jelly VG, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

Roast Pork & Gravy Samosa Puff 1 VG Jackets with a Choice of Toppings 7,8,9 **Rustic Roast Potatoes, Green Beans, Carrots** Crispy Cake 3,7,16, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

Roast Chicken & Gravy Vegetable Togd in The Hole 1.7.9 V Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Cabbage, Peas Fruit Jelly VG, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

3 OPTIONS

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LOOK OUT FOR OUR THEMEN DAYS!

THURSDAY

Chicken Faiitas 1.4 Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9 **Rice, Cauliflower, Carrots** Traybake Pancake 1.7.9 & Berry or Chocolate Sauce Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit Pots VG

Macaroni Cheese 1.7 V Vegetable Hot Pot 16 VG Jackets with a Choice of Toppings 7,8,9 Carrots. Green Beans. Garlic Bread 1,3,7,9 Peach Sponge 1,9, Mr Nourish Biscuit 1 VG Yoghurt 3.7. Fruit Pots VG

Maraherita Pizza 1,3,7,9 V Loaded Cajun Bean Wedges VG Jackets with a Choice of Toppings 7,8,9

New Potatoes, Sweetcorn, Peppers

Lemon Drizzle Cake 1.9. Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

Penne Boloanaise 1 Rice & Bean Burrito 1 VG Jackets with a Choice of Toppings 7,8,9 **Baked Wedges, Green Begns** Sweetcorn, Garlic Bread 1.3.7.9 Beetroot Cake 1.9. Mr Nourish Biscuit 1 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 Eaa 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lugins 15 Dat Gluten 16 Barley Gluten



FRIDAY

Maraherita Pizza 1.3.7.9 V Salmon Pasta 1.7,8 Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Carrot Sticks

> Oaty Biscuit 1.15 VG Yoghurt 3.7, Fruit Pots VG

Fish Fingers 1,8 Cheese & Spinach Pinwheel 1.7 V Jackets with a Choice of Toppings 7,8,9

Chips. Peas. Baked Beans. Coleslaw 9

Ginger Biscuit 1 VG Yoghurt 3.7, Fruit Pots VG

Chicken Bites 1 Summer Frittata 7.9 V Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Cucumber Sticks

> Caramel Cookie 1.7 Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8 Vegetable Pastie 1 VG Jackets with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Coleslaw 9 Vegan Brownie 1 VG Yoghurt 3,7, Fruit Pots VG