

NOVEMBER TO
MARCH 2027

NOURISH



THE NOURISH MENU

BANG IN
SOME BEANS!
DISHS WITH ME NEXT
TO THEM CONTAIN BEANS



MONDAY

WEEK ONE

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

Chicken Pie **1**
Pesto & Pea 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**
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**
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**
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**
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**
Buffalo Cauliflower Wings **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**
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**
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**
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**
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**
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**
Cheese & Bean Burrito **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**

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

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.



Pri 3

AVAILABLE
DAILY

