Nourish
contract catering

WEEKLY MENU

OCT 2022 TO MAR 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 31st October 28th November 9th January 6th February 13th March	Spaghetti Vegetable Bolognese 1 Vg Shepherdess Pie 3 Vg Jacket Potato with a Choice of Toppings 7,8,9 Sweetcorn Peppers Rice Pudding 7 Mr Nourish Biscuit 1 Fruit Pots	Chicken Curry Herby Tomato Pasta Twists 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Rice Seasonal Vegetables Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Minced Beef & Yorkshire Pudding 1,7,9 Boston Bean Stuffed Potato Skins 7 V Jacket Potato with a Choice of Toppings 7,8,9 Mashed Potatoes, Broccoli Diced Swede, Carrot Mandarin Drizzle Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Meatball Wrap 1 Cheese Penne 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Baked Wedges Sliced Carrots Green Beans Chocolate Swirls 1,7 Fruit Pots Yoghurt 7	Fish Cakes - Cod or Salmon 1,7,8 No Meat Burger in a Bun 1,4,5 Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Cucumber Sticks Ginger Biscuit 1,15 Fruit Pots Yoghurt 7
WEEK 2 7th November 5th December 16th January 20th February 20th March	Macaroni Cheese 1,7 V Rice & Bean Burrito 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Sticky Chicken Stir Fry Noodles 1,3,9,16 Vegan Sausage Roll 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Mashed Potato, Carrots Green Beans Chocolate Orange Pot 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Pork & Gravy No Meat Mince Puff 1,3 Vg Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Cabbage, Sweetcorn Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Sausages 1,16 Cheese & Spring Onion Pasta Bows 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Rainbow Rice, Cauliflower Carrots Strawberry Shortbread 1 Fruit Pots Yoghurt 7	Fish Fingers 1,8 Margherita Pizza 1,3,7,9 V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Coleslaw 9 Crispy Oaty Bar 1,6,15,16 Fruit Pots, Yoghurt 7
WEEK 3 14th November 12th December 23rd January 27th February 27th March	Quorn Sausage & Bean Burrito 1 Vg Cauliflower & Chick Pea Curry & Rice Vg Jacket Potato with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables Milkshake 7 Mr Nourish Biscuit 1 Fruit Pots	Beef Stew & Dumpling 1 Tomato & Herb Shells 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Cauliflower Peas Jam Sponge 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Gammon & Gravy Cheese & Onion Slice 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Diced Carrots, Cabbage Crispy Cake 7,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Chicken Pie 1 Cheesy Pasta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 New Potatoes, Sweetcorn Broccoli Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Fish Fingers 1,8 Vegan Hot Dog 1,5 Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Carrot Sticks Toffee Apple Flapjack 1,15 Fruit Pots Yoghurt 7
WEEK 4 21st November 2nd January 30th January 6th March	Margherita Pizza 1,3,7,9 V Vegetable Paella Vg Jacket Potato with a Choice of Toppings 7,8,9 New Potatoes, Sweetcorn Peppers Strawberry Whip 7 Mr Nourish Biscuit 1 Fruit Pots	Cottage Pie Tomato Bows 1 Vg Jacket Potato with a Choice of Toppings 7,8,9 Cauliflower Peas Banana Loaf 1,9 & Chocolate Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Roast Chicken & Gravy Meat Free Meatball Pasta 1,3 Vg Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli, Sliced Carrots Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Bolognaise Shells 1 Cheesy Cajun Wedges 4,7 V Jacket Potato with a Choice of Toppings 7,8,9 Seasonal Vegetables Jam Puff 1,6 Fruit Pots Yoghurt 7	Fish Fingers 1,8 Bruschetta 1,7 V Jacket Potato with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas Coleslaw 9 Chocolate Cookie 1,15 Fruit Pots Yoghurt 7

REMEMBER... RECEPTION, YEAR 1 AND 2 ARE ENTITLED TO FREE SCHOOL MEALS. THIS EXCLUDES INDEPENDENT SCHOOLS.

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

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.

Allergen Accreditation