

NOVEMBER TO
MARCH 2027

NOURISH



THE NOURISH MENU

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

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

Chicken Pie **1**
Pesto & Pea Pasta **1 VG**

Crushed Potatoes
Cauliflower
Carrots

Mr Nourish Biscuit **1,3 VG**

Cheese & Pesto Straws **1,7 V**

Beef Bolognese Pasta Bake **1,3,7**
Vegetable Pasta **1 VG** 🥕

Garlic Bread **1,3**
Seasonal Vegetables

Melon Slices **VG**

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

Rustic Roast Potatoes
Cabbage
Peas

Vegetable Sticks **VG**

Margherita Pizza **1,3,7 V**

Sweetcorn
Broccoli
Rainbow Pasta **1**

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

Chips
Peas
Baked Beans

Beetroot Cake **1,3 VG**

WEEK TWO

9 November
30 November
4 January
25 January
22 February
15 March

BBQ Chicken
Pesto Pasta Bake **1,7 V**

Rice,
Carrots
Peas

Jam Tart **1,3 VG** & Custard **7**

Naan Slices **1,3,7 V**

Tomato & Broccoli Pasta **1 VG** 🥕

Seasonal Vegetables

Orange Wedges **VG**

Roast Chicken & Gravy
Vegan Cowboy Hotpot **1 VG**

Rustic Roast Potatoes
Broccoli
Carrots

Tortilla Chips **1 VG**

Beef Stew & Dumpling **1,3**
Herby Tomato Spaghetti **1 VG**

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

Salmon Fish Cake **1,8**
Margherita Pizza **1,3,7 V**

Chips
Peas
Baked Beans
Coleslaw **9**

Apple Crumble Bar **1,3 VG**

WEEK THREE

16 November
7 December
11 January
1 February
1 March
22 March

Macaroni Cheese **1,3,7 V**

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

Chocolate Sponge Cake **1,3 VG**

Cheese Straws **1,7 V**

Chicken Noodles **1,3**
BBQ Wrap Stack **1,7 V**

Carrots
Peas

Garlic Bread **1,3 VG**

Pork Sausage **1,3,6**
Quorn Sausage **1 VG**

Rustic Mashed Potatoes
Baked Beans
Broccoli

Melon Wedges **VG**

Minced Beef Cobbler **1,3**
Herby Tomato Pasta **1 VG**

Herby Bread **1,3**
Seasonal Vegetables

Fish Fingers **1,8**
Cheese & Bean Burrito **1,7 V** 🥕

Chips,
Peas
Baked Beans
Cucumber sticks

Fruit Jelly **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.



Mamby

**AVAILABLE
DAILY**

