

NOVEMBER TO  
MARCH 2026

GROW WITH US  
**NOURISH**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>	<p>Chicken Pie <b>1</b> Mushroom &amp; Lentil Stew <b>VG</b> Pesto &amp; Pea Pasta <b>1,7 V</b></p> <p>Crushed Potato Cauliflower, Carrots</p> <p>Strawberry Mousse <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Margherita Pizza <b>1,3,7 V</b> Bean Biryani <b>VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Rainbow Pasta <b>1</b> Seasonal Vegetables</p> <p>Toffee Apple Pudding <b>1 VG</b> &amp; Custard <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Roast Turkey &amp; Gravy (Halal Turkey available) Broccoli Tots <b>1,7 V</b> Arrabiata Pasta Shells <b>1 VG</b></p> <p>Rustic Roast Potatoes or Jollof Rice Cabbage, Peas</p> <p>Fruit Jelly <b>VG</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Beef Bolognese Pasta Bake <b>1,7</b> Loaded Bean Chilli Wedges <b>VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Green Beans Grated Carrots</p> <p>Parsnip Brownie <b>1 VG</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Chicken Sausages <b>1,6</b> Vegetable Sausage <b>VG</b> Cheese &amp; Tomato Pasta <b>1,7 V</b></p> <p>Chips, Sweetcorn, Baked Beans Cucumber Sticks</p> <p>Oaty Cookie <b>1,15 VG</b> Yoghurt <b>3,7</b> Fruit Pots <b>VG</b></p>
<b>WEEK TWO</b>	<p>Caribbean Brown Chicken Chick Pea Jambalaya <b>VG</b> Tomato Spaghetti <b>1 VG</b></p> <p>Rice, Carrots, Peas</p> <p>Chocolate Ice Cream <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Cheese &amp; Broccoli Pasta Bake <b>1,7 V</b> Buffalo Cauliflower Wings &amp; Wedges <b>VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Seasonal Vegetables</p> <p>Plum Pudding <b>1VG</b> &amp; Custard <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Roast Chicken &amp; Gravy (Halal Chicken available) Ratatouille Puff <b>1,3 VG</b> Cheesy Pasta Twists <b>1,7 V</b></p> <p>Rustic Roast Potatoes or Jollof Rice Broccoli, Carrots</p> <p>Crispy Cake <b>1,3,7,16</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Beef Stew &amp; Dumpling <b>1</b> Falafel Burger &amp; Wedges <b>1,5 VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Cauliflower, Green Beans</p> <p>Apple &amp; Cinnamon Pinwheel <b>1 VG</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Salmon Bites <b>1,8</b> Margherita Pizza <b>1,3,7 V</b> Herby Tomato Pasta Twists <b>1 V</b></p> <p>Chips, Peas, Coleslaw <b>9</b></p> <p>Marble Cookie <b>1 VG</b> Yoghurt <b>3,7</b> Fruit Pots <b>VG</b></p>
<b>WEEK THREE</b>	<p>Macaroni Cheese <b>1,7 V</b> Sweet Potato &amp; Chick Pea Curry <b>VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Rice, Green Beans, Mixed Salad</p> <p>Peach Crumble <b>1 VG</b> &amp; Custard <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Chicken Noodles <b>1</b> BBQ Vegetable Burrito <b>1 VG</b> Pesto &amp; Pea Penne <b>1,7 V</b></p> <p>Sweetcorn, Peppers</p> <p>Chocolate Rice Pudding <b>7</b> Mr Nourish Biscuit <b>1 VG</b> Fruit Pots <b>VG</b></p>	<p>Savoury Mince Beef &amp; Yorkshire Pudding <b>1,7,9</b> (Halal Mince available) Vegan Sausage Roll <b>1 VG</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Rustic Roast Potatoes, Green Beans, Carrots</p> <p>Fruit Jelly <b>VG</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Beef Cottage Pie Butternut Squash Risotto <b>7 V</b> Herby Tomato Pasta <b>1 VG</b></p> <p>Seasonal Vegetables</p> <p>Beetroot Cake <b>1 VG</b> Mr Nourish Biscuit <b>1 VG</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>	<p>Fish Fingers <b>1,8</b> Cheese, Carrot &amp; Tomato Swirl <b>1,7 V</b> Jackets with a Choice of Toppings <b>7,8,9</b></p> <p>Chips, Peas, Baked Beans, Grated Carrot</p> <p>Caramel Flapjack <b>1,7,15 V</b> Yoghurt <b>3,7</b>, Fruit Pots <b>VG</b></p>

Deansbrook

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

**AVAILABLE  
DAILY**

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.

