NOVEMBER TO MARCH 2027

NOURISH

GLUTEN FREE

Halal Options are available on Wednesdays

BANG IN SOME BEANS!
DISHES 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 Stew Bubble & Squeak Pattie **VG** Pesto & Pea GF Pasta **14 VG** Crushed Potatoes Cauliflower Carrots Ice Cream **7** Fruit Pots **VG**	Beef Bolognaise GF Pasta **14** Vegetable Chilli Skins **VG** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Bananas & Chocolate Custard **7** Fruit Pots **VG**	Roast Chicken & Gravy Pesto GF Pasta **14 VG** Rustic Roast Potatoes Cabbage Peas Fruit Jelly **VG** Yoghurt **3,7** Fruit Pots **VG**	Black Bean Jambalaya **VG** Jackets with a Choice of Toppings **7,8,9** Sweetcorn, Broccoli Yoghurt **3,7** Fruit Pots **VG**	Gluten Free Fillet of Fish **8** Tomato & Sweetcorn GF Pasta **14 VG** Chips, Peas Baked Beans, Carrot Sticks Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 9 November 30 November 4 January 25 January 22 February 15 March	BBQ Chicken Pesto GF Pasta Bake **14,7 V** Rice Carrots, Peas Fruit & Custard **7** Fruit Pots **VG**	Tomato & Broccoli GF Pasta **14 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** Fruit Pots **VG**	Roast Chicken & Gravy Pesto GF Pasta Bake **14,7 V** Rustic Roast Potatoes Broccoli, Carrots Yoghurt **3,7** Fruit Pots **VG**	Beef Stew Country Vegetable Stew **VG** Jackets with a Choice of Toppings **7,8,9** Green Beans, Cauliflower Yoghurt **3,7** Fruit Pots **VG**	Gluten Free Fillet of Fish **8** Mediterranean Pasta **1, VG** Chips, Peas Baked Beans Coleslaw **9** Yoghurt **3,7** Fruit Pots **VG**
WEEK THREE 16 November 7 December 11 January 1 February 1 March 22 March	Red Pepper & Bean Masala & Rice **VG** Jackets with a Choice of Toppings **7,8,9** Cauliflower, Green Beans Peaches & Custard **7** Fruit Pots **VG**	Chinese Chicken **3** Potato Wedges Carrots, Peas Caramel Mousse **7** Fruit Pots **VG**	Homemade Vegetable Sausage **VG** Jackets with a Choice of Toppings **7,8,9** Rustic Mashed Potatoes Baked Beans, Broccoli Fruit Jelly **VG** Yoghurt **3,7** Fruit Pots **VG**	Savoury Minced Beef Tangy Black Beans **VG** Herby Tomato GF Pasta **14 VG** Seasonal Vegetables Yoghurt **3,7** Fruit Pots **VG**	Gluten Free Fillet of Fish **8** Jackets with a Choice of Toppings **7,8,9** Chips, Peas Baked Beans, Cucumber sticks Yoghurt **3,7** Fruit Pots **VG**

PastajacketNP

AVAILABLE DAILY

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.