NOVEMBER TO MARCH 2027

NOURISH

DAIRY FREE MENU

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

Halal Options are available on Wednesdays

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 2 November 23 November 14 December 18 January 8 February 8 March	Chicken Pie **1** Bubble & Squeak Burger **1,5 VG** Pesto & Pea Pasta **1 VG** Crushed Potatoes Cauliflower Carrots Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Beef Bolognaise Pasta **1** Vegetable Chilli Skins **VG** Jackets with Beans or Tuna Mayonnaise **8,9** Garlic Bread **1,3** Seasonal Vegetables Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Chicken & Gravy Pesto Pasta **1 VG** Rustic Roast Potatoes Cabbage Peas Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Black Bean Jambalaya **VG** Jackets with Beans or Tuna Mayonnaise **8,9** Sweetcorn, Broccoli Rainbow Pasta **1** Beetroot Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Chicken Nuggets **1** Tomato & Sweetcorn Pasta **1 VG** Chips, Peas Baked Beans, Carrot Sticks Oaty Biscuit **1,3,15 VG** Fruit Pots **VG**
WEEK TWO 9 November 30 November 4 January 25 January 22 February 15 March	BBQ Chicken Tex-Mex Black Bean Soft Taco **1 VG** Pesto Pasta **1 VG** Rice Carrots, Peas Jam Tart **1,3 VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Tomato & Broccoli Pasta **1 VG** Buffalo Cauliflower Wings **VG** Jackets with Beans or Tuna Mayonnaise **8,9** Wedges Seasonal Vegetables Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Chicken & Gravy Vegan Cowboy Hotpot **1 VG** Pesto Pasta **1 V** Rustic Roast Potatoes Broccoli, Carrots Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Beef Stew & Dumpling **1,3** Country Vegetable Stew & Dumplings **1,3 VG** Jackets with Beans or Tuna Mayonnaise **8,9** Herby Bread **1,3** Green Beans, Cauliflower Apple Crumble Bar **1,3 VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Salmon Fish Cake **1,8** Mediterranean Pasta **1, VG** Chips, Peas Baked Beans Coleslaw **9** Banana Bread **1,3 VG** 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 Beans or Tuna Mayonnaise **8,9** Garlic Bread **1,3** Cauliflower, Green Beans Peach Crumble **1,3 VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Chicken Noodles **1,3** Carrots, Peas Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Chicken Sausage **1,3,6** Quorn Sausage **1 VG** Jackets with Beans or Tuna Mayonnaise **8,9** Rustic Mashed Potatoes Baked Beans, Broccoli Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Minced Beef Cobbler **1,3** Tangy Black Bean Cobbler **1,3 VG** Herby Tomato Pasta **1 VG** Herby Bread **1,3** Seasonal Vegetables Chocolate Sponge Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Fish Fingers **1,8** Jackets with Beans or Tuna Mayonnaise **8,9** Chips, Peas Baked Beans, Cucumber sticks 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.