

NOVEMBER TO
MARCH 2026

NOURISH
GROW WITH US



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

3 Nov
24 Nov
15 Dec
19 Jan
9 Feb
9 March
30 March

Chicken Pie **1**
Pesto Pasta **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Crushed Potato
Cauliflower,
Carrots

Strawberry Mousse **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Margherita Pizza **1,3,7 V**
Bean Biryani **VG**
Jackets with a Choice of Toppings **7,8,9**

Rainbow Pasta **1**
Seasonal Vegetables

Toffee Apple Pudding **1 VG & Custard 7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Roast Gammon & Gravy
Vegan Sausage Roll **1 V**
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes,
Cabbage,
Peas

Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7, Fruit Pots VG**

Spaghetti Bolognese & Garlic Bread
1,3
Loaded Bean Chilli Wedges **VG**
Jackets with a Choice of Toppings **7,8,9**

Green Beans
Grated Carrots

Brownie **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7, Fruit Pots VG**

Fish Fingers **1,8**
Vegetable Sausage **VG**
Jackets with a Choice of Toppings **7,8,9**

Chips,
Sweetcorn, Baked Beans

Oaty Cookie **1,15 VG**
Yoghurt **3,7**
Fruit Pots **VG**

WEEK TWO

10 Nov
1 Dec
5 Jan
26 Jan
23 Feb
16 March

Chicken Curry
Tomato Spaghetti **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Rice,
Carrots,
Peas

Chocolate Ice Cream **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Cheesy Pasta Bake
& Garlic Bread **1,3,7 V**
BBQ Bean Wedges **VG**
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

Plum Sponge **1VG & Custard 7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Roast Chicken & Gravy
Ratatouille Puff **1,3 VG**
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes
Broccoli,
Carrots

Crispy Cake **1,3,7,16**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7, Fruit Pots VG**

Beef Stew & Dumpling **1**
Pesto Pasta **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Cauliflower,
Green Beans

Apple & Cinnamon Pinwheel **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7, Fruit Pots VG**

Salmon Bites **1,8**
Cheese & Sweetcorn Pizza **1,3,7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips,
Peas, Mixed Salad

Marble Cookie **1 VG**
Yoghurt **3,7**
Fruit Pots **VG**

WEEK THREE

17 Nov
8 Dec
12 Jan
2 Feb
2 March
23 March

Cheese Penne & Garlic Bread **1,3,7 V**
Sweet Potato & Chick Pea Curry **VG**
Jackets with a Choice of Toppings **7,8,9**

Rice,
Green Beans,
Mixed Salad

Peach Crumble **1 VG & Custard 7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Chicken Noodles **1**
BBQ Vegetable Burrito **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Sweetcorn,
Peppers

Chocolate Rice Pudding **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Sausages & Yorkshire Pudding **1,7,9**
Vegetable Sausage **VG**
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes,
Green Beans,
Carrots

Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7, Fruit Pots VG**

Beef Cottage Pie
Herby Tomato Spaghetti **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

Lemon Drizzle Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7, Fruit Pots VG**

Fish Fingers **1,8**
Cheese, Carrot & Tomato Swirl **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips,
Peas, Baked Beans,
Grated Carrot

Caramel Flapjack **1,7,15 V**
Yoghurt **3,7,**
Fruit Pots **VG**

Norfolk 3

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.

**AVAILABLE
DAILY**

