## Nourish contract catering Apr to Oct 2023

## LOOK OUT FOR OUR THEMED DAYS!

WEEKLY MENU

VEEK 1 7th April 15th May 9th June 17th July 15th Sept 23rd Oct Cheese	MONDAY Macaroni Cheese 1.7 v Vegetable Hot Pot vg Jackets with a Choice of Toppings 78.9 Green Beans Carrots Strawberry Mousse 7 Mr Nourish Biscuit 1 Fruit Pots	TUESDAY BBQ Pulled Chicken in a Bun 1.5 Herby Tomato Penne Pasta 1 vg Jackets with a Choice of Toppings 7.8.9 Rainbow Rice, Sweetcorn Courgettes Chocolate Pudding 1.9	Roast Turkey & Gravy Roast Turkey & Gravy Cheesy Vegetable Burrito 1,7 v Jackets with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Jollof Rice, Cabbage, Carrots	Chicken Pie 1 Arabiatta Pasta Twists 1 vg Jackets with a Choice of Toppings 78.9 New Potatoes Seasonal Vegetables	FRIDAY Fish Fingers 1.8 Cheese & Spinach Pinwheel 1.7 v Jackets with a Choice of Toppings 7.8.9 Chips, Peas	the matching allergen: 1 Wheat Glute
L7th April L7th April L5th May L9th June 17th July 25th Sept 23rd Oct VEEK 2 Chees	Vegetable Hot Pot vg Jackets with a Choice of Toppings 7.8.9 Green Beans Carrots Strawberry Mousse 7 Mr Nourish Biscuit 1	Herby Tomato Penne Pasta 1 vg Jackets with a Choice of Toppings 7.8.9 Rainbow Rice, Sweetcorn Courgettes Chocolate Pudding 1.9	Cheesy Vegetable Burrito 1.7 v Jackets with a Choice of Toppings 78.9 Rustic Roast Potatoes	Arabiatta Pasta Twists 1 vg Jackets with a Choice of Toppings 7.8.9 New Potatoes	Cheese & Spinach Pinwheel 1,7 v Jackets with a Choice of Toppings 7,8,9	numbers conta the matching allergen: 1 Wheat Glute
15th May 19th June 17th July 25th Sept 23rd Oct 7EEK 2	Green Beans Carrots Strawberry Mousse 7 Mr Nourish Biscuit 1	Rainbow Rice, Sweetcorn Courgettes Chocolate Pudding 1,9	Rustic Roast Potatoes	New Potatoes		1 Wheat Gluter 2 Crustacean
25th Sept 23rd Oct ZEEK 2	Mr Nourish Biscuit 1			- 3	Baked Beans, Coleslaw 9	Z Crustaceans 3 Soybean
Chees		& Chocolate Sauce 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Peach Sponge 1.9 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Banana Bar 1,15 Yoghurt 7 Fruit Pots	4 Mustard 5 Sesame 6 Sulphites/ Sulphur Dioxid
C	Vegetable Pie 1 vg se & Bean Wrap Pocket 1.7 v Jackets with a Choice of Toppings 7.8.9	Sweet Chicken Curry Cheese Topped Pasta Bake 1.7 v Jackets with a Choice of Toppings 7.8.9	Roast Chicken & Gravy Caribbean Pasty 1 vg Jackets with a Choice of Toppings 7.8.9	Keema Pie Cheesy Pasta Twists 1.7 v Jackets with a Choice of Toppings 78.9	Chicken Bites 1 Summer Frittata 9 v Jackets with a Choice of Toppings 78.9	7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs
2nd May 6th June	New Potatoes Seasonal Vegetables	Rice, Carrots Cauliflower	Rustic Roast Potatoes Jollof Rice, Broccoli Sweetcorn	Carrots Green Beans	Chips, Peas Baked Beans, Cucumber Sticks	12 Celeriac/Cele 13 Nuts 14 Lupins
	ana in Chocolate Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Crispy Cake 3.7.16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7	Lemon Drizzle Cake 1.9 Mr Nourish Biscuit 1 Yaghurt 7 Fruit Pots	Caramel Cookie 1.7 Yoghurt 7 Fruit Pots	15 Oat Gluten 16 Barley Glute Allergen Ccreditati
Load	Margherita Pizza 1.3.7.9 v ded Cajun Bean Wedges vg Jackets with a Choice of Toppings 7.8.9	Sweet & Sour Chicken Cheesy Pasta Bows 1.7 v Jackets with a Choice of Toppings 7.8.9	Toad in the Hole 1.6.7.9 Vegetable Toad in The Hole 1.7.9 v Jackets with a Choice of Toppings 7.8.9	Penne Bolognaise 1 Rice & Bean Burrito 1 vg Jackets with a Choice of Toppings 7.8.9	Fish Fingers 1.8 Cheesy Bean Slice 1.7 v Jackets with a Choice of Toppings 78.9	ISTEAD RISE
5th June 3rd July	New Potatoes Sweetcorn Peppers	Rice, Cauliflower Carrots	Rustic Roast Potatoes Cabbage, Peas	Baked Wedges Seasonal Vegetables	Chips, Peas Baked Beans, Coleslaw 9	Å
	Chocolate Mousse 7 Mr Nourish Biscuit 1 Fruit Pots	Jam Tart 1,6 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Beetroot Cake 1.9 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Brownie 1,9 Yoghurt 7 Fruit Pots	
Quor	tfree Meatballs & Pasta 1 vg rn Sausage & Bean Pie 1 vg Jackets with a Choice of Toppings 78.9	Beef & Onion Pie 1 Cheesy Pasta Twists 1.7 v Jackets with a Choice of Toppings 7.8.9	Roast Chicken & Gravy Vegan Sausage Roll 1 vg Jackets with a Choice of Toppings 7.8.9	Chicken Fajitas 1.4 Tomato Spaghetti 1 vg Jackets with a Choice of Toppings 7.8.9	Salmon Fish Cakes 1.7.8 Margherita Pizza 1.3.7.9 v Jackets with a Choice of Toppings 7.8.9	
2th June Oth July	Cauliflower Carrots	New Potatoes Seasonal Vegetables	Rustic Roast Potatoes Jollof Rice, Green Beans, Carrots	Rice, Sweetcorn, Side Salad Traybake Pancake 1,79	Chips, Peas Baked Beans, Carrot Sticks	
8th Sept L6th Oct	Peach Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Strawberry Pot 7 Mr Nourish Biscuit 1 Fruit Pots	Chocolate Cornflake Cake 3,7,16 Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	& Berry Sauce Mr Nourish Biscuit 1 Yoghurt 7 Fruit Pots	Daty Biscuit 1.15 Fruit Pots, Yoghurt 7	

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Available Daily: Selection of Salads 9. Homemade Bread 1,3,7,9. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.