NOVEMBER TO MARCH 2027

NOURISH

THE NOURISH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 2 November 23 November 14 December 18 January 8 February 8 March	Chicken Pie **1** Vegetable Pattie **VG** Pesto & Pea Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Crushed Potatoes Cauliflower Carrots Ice Cream **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Beef Bolognaise Pasta Bake **1,3,7** Vegetable Chilli Skins **VG** Herby Tomato Pasta **1, VG** Jackets with a Choice of Toppings **7,8,9** Garlic Bread **1,3** Seasonal Vegetables Bananas & Chocolate Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Gammon & Gravy Cheese & Potato Pie **1,3,7 V** Pesto pasta **1, VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Cabbage Peas Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Black Bean Jambalaya **VG** Margherita Pizza **1,3,7 V** Arrabiata Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Sweetcorn, Broccoli Rainbow Pasta **1** Beetroot Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Fish Fingers **1** Cheese & Tomato Pinwheel **1,7 V** Tomato & Sweetcorn Pasta **1, VG** Jackets with a Choice of Toppings **7,8,9** Chips, Peas Baked Beans, Carrot Sticks Oaty Biscuit **1,3,15 VG** Yoghurt **3**,**7** 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 Bake **1,7 V** Jackets with a Choice of Toppings **7,8,9** Rice, Carrots, Peas Jam Tart **1,3 VG** & Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Tomato & Broccoli Pasta **1 VG** Buffalo Cauliflower Wings **VG** Cheesy Pasta **1,3,7 V** Jackets with a Choice of Toppings **7,8,9** Cheesy Wedges **7** Seasonal Vegetables Strawberry Panna Cotta Milky Jelly **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Chicken & Gravy Vegan Cowboy Hotpot **1 VG** Pesto Pasta Bake **1,7 V** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Broccoli, Carrots Crispy Cake **1,7,16** Mr Nourish Biscuit **1,3 VG** Yoghurt **3**,**7** Fruit Pots **VG**	Beef Stew & Dumpling **1,3** Country Vegetable Stew & Dumplings **1,3 VG** Herby Tomato Spaghetti **1 VG** Jackets with a Choice of Toppings **7,8,9** Herby Bread **1,3** Green Beans, Cauliflower Apple Crumble Bar **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3**,**7** Fruit Pots **VG**	Salmon Fish Cake **1**,**8** Margherita Pizza **1,3,7 V** Mediterranean Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Chips, Peas Baked Beans, Coleslaw **9** Banana Bread **1,3 VG** Yoghurt **3**,**7** Fruit Pots **VG**
WEEK THREE 16 November 7 December 11 January 1 February 1 March 22 March	Macaroni Cheese **1,3,7 V** Red Pepper & Bean Masala & Rice **VG** Tomato & Sweetcorn Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Garlic Bread **1,3** Cauliflower, Green Beans Peach Crumble **1,3 VG** & Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Chicken Noodles **1,3** BBQ Wrap Stack **1,7 V** Cheesy Pasta **1,3,7 V** Jackets with a Choice of Toppings **7,8,9** Potato Wedges Carrots, Peas Caramel Mousse **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Pork Sausage **1,3,6** Quorn Sausage **1 VG** Pesto Pasta **1,7 VG** Jackets with a Choice of Toppings **7,8,9** Rustic Mashed Potatoes Baked Beans, Broccoli Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3**,**7** Fruit Pots **VG**	Minced Beef Cobbler **1,3** Tangy Black Bean Cobbler **1,3 VG** Herby Tomato Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Herby Bread **1,3** Seasonal Vegetables Chocolate Sponge Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3**,**7**, Fruit Pots **VG**	Fish Fingers **1,8** Cheese & Bean Burrito **1,7 V** Arrabiata Pesto **1 VG** Jackets with a Choice of Toppings **7,8,9** Chips, Peas Baked Beans, Cucumber sticks Crispy Cookie **1,3,7,16** Yoghurt **3,7**, Fruit Pots **VG**

Thomas Becket

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.