NOVEMBER TO MARCH 2027

NOURISH

DAIRY FREE MENU

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 Pie **1** Pesto Pasta **1 VG** Jackets with a Beans or Tuna Mayonnaise **8,9** Crushed Potatoes Peas Carrots Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Beef Bolognaise Pasta **1** Vegetable Chilli Skins **VG** Jackets with a Beans or Tuna Mayonnaise **8,9** Garlic Bread **1,3** Seasonal Vegetables Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Gammon & Gravy Jackets with a Beans or Tuna Mayonnaise **8,9** Rustic Roast Potatoes Cabbage Peas Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Vegetable Shepherds Pie **VG** Jackets with a Beans or Tuna Mayonnaise **8,9** Sweetcorn Broccoli Rainbow Pasta **1** Apple Crumble Bar **1,3 VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Chicken Nuggets **1** Jackets with a Beans or Tuna Mayonnaise **8,9** 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 Pesto Pasta **1 VG** Jackets with a Beans or Tuna Mayonnaise **8,9** Rice, Carrots, Peas Jam Tart **1,3 VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Tomato & Broccoli Pasta **1 VG** Jackets with a Beans or Tuna Mayonnaise **8,9** Seasonal Vegetables Jelly **VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Chicken & Gravy Vegan Cowboy Hotpot **1 VG** Jackets with a Beans or Tuna Mayonnaise **8,9** Rustic Roast Potatoes Broccoli Carrots Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Beef Stew & Dumpling **1,3** Herby Tomato Spaghetti **1 VG** Jackets with a Beans or Tuna Mayonnaise **8,9** Herby Bread **1,3** Seasonal Vegetables Beetroot Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Salmon Fish Cake **1,8** Jackets with a Beans or Tuna Mayonnaise **8,9** 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	BBQ Bean Loaded Wedges **VG** Jackets with a Beans or Tuna Mayonnaise **8,9** Garlic Bread **1,3** Sweetcorn Green Beans Apple Crumble **1,3 VG** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Chicken Fajitas **1** Tomato Pasta **1 VG** Jackets with a Beans or Tuna Mayonnaise **8,9** Potato Wedges Carrots, Peas Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Pork Sausage **1,3,6** Quorn Sausage **1 VG** Jackets with a 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** Herby Tomato Pasta **1 VG** Jackets with a Beans or Tuna Mayonnaise **8,9** 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 a Beans or Tuna Mayonnaise **8,9** Chips, Peas Baked Beans Cucumber sticks Crispy Cookie **1,3,7,16** Fruit Pots **VG**

Norfolk

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.