# Nourish

contract catering

# MEEKLY MENU

# **AUGUST 2020 TO FEBRUARY 2021**

# WEEK 1

31st Aug 28th Sept 2nd Nov 30th Nov 11th Jan 8th Feb Panini Bake 1,7 v Shepherdess Pie 9 v

MEAT MONDAY

Jacket Potatoes with a Choice of Toppings 7,8,9 New Potatoes Sweetcorn

**Carrot Sticks** 

Peaches & Custard 7
Mr Nourish Orange Biscuit 1
Fruit Pots

#### **TUESDAY**

Chicken Pie 1
Cheese, Tomato
& Herb Penne 1,7 v

Jacket Potatoes with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables

Ice Cream 7
Mr Nourish Orange Biscuit 1
Fruit Pots

### WEDNESDAY

Roast Pork & Gravy
Falafel Balls in Tomato Sauce vg

Jacket Potatoes with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli

**Diced Carrots** 

Mandarin Drizzle Cake 1,9
Mr Nourish Orange Biscuit 1
Fruit Pots & Yoghurt 7

# SUGAR THURSDAY

Chicken & Coconut Curry 6 Cheesy Fusilli 1,7 V

Jacket Potatoes with a Choice of Toppings 7,8,9 Rice

**Sliced Carrots** 

Green Beans

Chocolate Twist 1,7
Fruit Pots & Yoghurt 7

# **FRIDAY**

Fish Fingers 1,8 or Salmon Fish Cake 1,8 Bean & Beet Burger 4 vg

Jacket Potatoes with a Choice of Toppings 7,8,9 Chips

Carroty Coleslaw 9
Peas

Apricot Cookie 1,6,15
Fruit Pots & Yoghurt 7

## WEEK 2

7th Sept

5th Oct

9th Nov

7th Dec

18th Jan

Macaroni Cheese 1,7 v Rice & Bean Burrito 1 vg

Jacket Potatoes with a Choice of Toppings 7,8,9 Garlic Bread 1,3,7,9 Runner Beans

Sliced Carrots

Ice Cream 7
Mr Nourish Shortbread 9
Fruit Pots

Homemade Sausage Roll 1,6 Quorn Sausage 1,7,9,16 v

Jacket Potatoes with a Choice of Toppings 7.8.9 Mashed Potato Cauliflower, **Carrots** Baked Beans

Banana & Chocolate Custard 7
Mr Nourish Shortbread 1
Fruit Pots

Roast Chicken & Gravy
Roast Pepper &
Beanie Parcel 119

Jacket Potatoes with a Choice of Toppings 7.8.9 Rustic Roast Potatoes Seasonal Vegetables

Crispie Cake 7,16
Mr Nourish Shortbread 1
Fruit Pots & Yoghurt 7

Mexican Mince 4
Tomato Fusilli Bake 1,7

Jacket Potatoes with a Choice of Toppings 78,9 Rice Broccoli

Honeydew Melon, Apple & Orange Pots Yoghurt 7

**Carrots** 

Pizza Bar -Meat Feast 1,3,7,9 Margherita 1,3,7,9 v

Jacket Potatoes with a Choice of Toppings 7.8.9 Chips Peas Carroty Coleslaw 9

Fruity Flapjack 1,15
Fruit Pots & Yoghurt 7

## WEEK 3

14th Sept

12th Oct

16th Nov

14th Dec

25th Jan

Savoury Quorn & Vegetable Mince with Yorkshire Pudding 1,7,9 v Vegan Sausage Roll 1,16 vg

Jacket Potatoes with a Choice of Toppings 7.8.9 Mashed Potato, Baked Beans Green Beans, **Carrots** Wholemeal Tomato Bread 1.3.7.9

Ice Cream 7
Mr Nourish Orange Biscuit 1
Fruit Pots

Chicken Stew & Dumpling 1 Cheesy Pasta 1,7 v

Jacket Potatoes with a Choice of Toppings 7.8.9 Sweetcorn

**Carrot Sticks** 

Chocolate Rice Pudding 7
Mr Nourish Orange Biscuit 1
Fruit Pots

Roast Gammon & Gravy Chick Pea & Vegetable Loaf 9 v

> Jacket Potatoes with a Choice of Toppings 7.8.9 Mashed Potatoes

Diced Carrots
Cabbage

Fruit Jelly
Mr Nourish Orange Biscuit 1
Fruit Pots & Yoghurt 7

Minced Beef Pie 1

Tomato & Herb Penne 119

Jacket Potatoes with a Choice of Toppings 7.8.9 New Potatoes Seasonal Vegetables

Fruit Loaf 1,3,7,9
Fruit Pots &
Yoghurt 7

Fish Fingers 1,8 Roasted Vegetable Frittata 7,9 v

> Jacket Potatoes with a Choice of Toppings 7.8.9 Chips Peas Baked Beans

Carrot Sticks

Oaty Biscuit 1,15
Fruit Pots & Yoghurt 7

# WEEK 4

21st Sept

19th Oct

23rd Nov

4th Jan

1st Feb

Margherita Pizza 1,3,7,9 v Tofu Biryani 3 vg

Jacket Potatoes with a Choice of Toppings 7.8.9 New Potatoes Sweetcorn

**Grated Carrots** 

Strawberry Whip 7 Mr Nourish Vanilla Biscuit 1 Fruit Pots Cottage Pie
Tomato & Sweetcorn Fusilli 1 19

Jacket Potatoes with a Choice of Toppings 7.8.9

Sliced Carrots

Broccoli

Apple Crumble 1 & Custard 7

Mr Nourish

Vanilla Biscuit 1

Fruit Pots

Roast Chicken & Gravy Quorn Sausage & Bean Turnover 1,7,9,16 v

Jacket Potatoes with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Spring Greens, **Diced Carrots** 

Fruit Jelly Mr Nourish Vanilla Biscuit 1 Fruit Pots & Yoghurt 7 Bolognese Twists 1 Cauliflower & Chick Pea Curry vg

> Jacket Potatoes with a Choice of Toppings 7.8.9 Rice

> > Vegetables Orange, Apple

Seasonal

Orange, Apple & Watermelon Pots Yoghurt 7 Chicken Goujons 1
Bruschetta 1,74

Jacket Potatoes with a Choice of Toppings 7,8,9 Chips Baked Beans Peas, **Carrot Sticks** 

Ginger Cookie 1,15
Fruit Pots &
Yoghurt 7

Dishes marked with any of the following numbers contain the matching allergen:

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

EAT YOUR FRUIT AND VEGETABLES (HILDREN. (ARROTS ARE MY FAVOURITE!

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Key: Vg Vegan V Vegetarian

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.



