

CELEBRATING 20 YEARS

NOURISH
Established 2003

OCT 23 TO MAR 24

WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Vegetable Lasagne 1,3,4,7,9V Cauliflower & Chick Pea Curry Vg Cheesy Pasta 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Rice, Seasonal Vegetables Rice Pudding & Jam 7 Mr Nourish Biscuit 1	Chicken Stew & Dumpling 1 Quorn Sausage Casserole & Dumpling 1Vg Pesto Pasta 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Seasonal Vegetables Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1	Minced Beef & Yorkshire Pudding 1,7,9 Lentil & Bean Loaf 1Vg Tomato Pasta 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Roast Potatoes Seasonal Vegetables Mr Nourish Biscuit 1 Yoghurt 3,7	Carbonara Pasta 1,7 Falafel Wrap 1Vg Vegetable Fusilli 1Vg Jacket Potato with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Chocolate Swirl 1,7 Yoghurt 3,7	Fish Fingers 1,8 Cheesy Bean Slice 1,7V Tomato Penne 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Ginger Biscuit 1,15 Yoghurt 3,7
Week 2	Macaroni Cheese 1,7V Rice & Bean Burrito 1Vg Vegetable Fusilli 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Potato Wedges Seasonal Vegetables Ice Cream 7 Mr Nourish Biscuit 1	Chicken Noodles 1,3,16 Vegetable Nuggets & Tomato Sauce 1Vg Pesto Pasta 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Rice Seasonal Vegetables Toffee Apple Pudding 1,9 & Custard 7 Mr Nourish Biscuit 1	Roast Pork & Gravy Roast Vegetable Yorkshire Pudding Wrap 1,7,9V Spaghetti Carbonara 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Roast Potatoes Seasonal Vegetables Popcorn & Raisin Pot Mr Nourish Biscuit 1	Mild Chilli 4 Sweet & Sour Vegetables Vg Cheesy Pasta Bake 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Rice Seasonal Vegetables Sunshine Bar 1,6,15,16 Yoghurt 3,7	Chicken Goujons 1 Omelette 9V Tomato Penne 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Jaffa Biscuit 1 Yoghurt 3,7
Week 3	Cheese & Tomato Garlic Dough Balls 1,7V Spaghetti Vegetable Bolognese 1Vg Cheesy Pasta Twists 1,7V Jacket Potato with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Chocolate Whip 7 Mr Nourish Biscuit 1	Chicken Curry BBQ Quorn & Beans 1Vg Pesto Pasta 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Rice Seasonal Vegetables Jam Sponge 1,9 & Custard 7 Mr Nourish Biscuit 1	Roast Gammon & Gravy Cheese & Onion Pinwheel 1,7V Tomato Pasta 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Roast Potatoes Seasonal Vegetables Mr Nourish Biscuit 1 Yoghurt 3,7	Chicken Pie 1 Loaded Sweet Potato Vg Cheese & Tomato Pasta Bake 1,7V Jacket Potato with a Choice of Toppings 7,8,9 New Potatoes Seasonal Vegetables Sweet Potato Cake 1,9 Yoghurt 3,7	Sausages 1,6 Quorn Sausage 1Vg Tomato Pasta 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Apple Flapjack 1,15 Yoghurt 3,7
Week 4	Margherita Pizza 1,3,7,9V Vegetable Biryani Vg Vegetable Fusilli 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Potato Wedges Seasonal Vegetables Strawberry Mousse 7 Mr Nourish Biscuit 1	BBQ Chicken Sweet Potato & Bean Wrap 1Vg Tomato Spaghetti 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Rice Seasonal Vegetables Banana Loaf 1,9 & Chocolate Custard 7 Mr Nourish Biscuit 1	Roast Chicken & Gravy Vegan Sausage Roll 1Vg Cheesy Pasta 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Roast Potatoes Seasonal Vegetables Fruity Cornflake Cake 1,7 Mr Nourish Biscuit 1	Bolognese Penne 1 Cheesy Cajun Wedges 4,7V Pesto Pasta 1,7V Jacket Potato with a Choice of Toppings 7,8,9 Seasonal Vegetables Jam Swirl 1 Yoghurt 3,7	Fish Fingers 1,8 Bruschetta 1,7V Tomato Penne 1Vg Jacket Potato with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans Caramel Cookie 1,7 Yoghurt 3,7



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 Celery/ Celeriac
- 13 Nuts
- 14 Lupins
- 15 Oat Gluten
- 16 Barley Gluten



Allergan Accreditation

LOOK OUT FOR OUR THEMED DAYS!

Come, Lord Jesus, be our guest. May this food by you be blessed. Amen



Key: Vg Vegan, V Vegetarian
Also Offered Daily: Selection of Salads 9, Homemade Bread 1,3,7,9, Fruit Pots, Jelly and Milk

aphiles and celiac. Please discuss with your manager.