Nourish

contract catering

MEEKLY MENU

AUGUST 2020 TO FEBRUARY 2021

MEAT MONDAY

TUESDAY

WEDNESDAY

THURSDAY WISE

WEEK 1

31st Aug 28th Sept 2nd Nov 30th Nov 11th Jan 8th Feb

Panini Bake 1,7 v Shepherdess Pie 9 v

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

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

> Jacket Potatoes with a Choice of Toppings 7,8,9 **Mashed Potatoes**

Seasonal Vegetables

Ice Cream 7 Mr Nourish Orange Biscuit 1 Fruit Pots

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

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 174 Rice & Bean Burrito 1 Vg

Jacket Potatoes with a Choice of Toppings 7,8,9 Garlic Bread 1,3,79 **Runner Beans**

Sliced Carrots

Ice Cream 7 Mr Nourish Shortbread 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 1 Vg

> 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 7,8,9 Rice Broccoli

Carrots

Honeydew Melon, Apple & Orange Pots Yoghurt 7

Fish Fingers 1,8 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 1,3,79

Ice Cream 7 Mr Nourish Orange Biscuit 1 Fruit Pots

Chicken Stew & Dumpling 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 91

> 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 Tomato & Herb Penne 1 vg

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

23rd Nov

19th Oct

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

Seasonal Vegetables

Orange, Apple & Watermelon Pots Yoghurt 7

Fish Fingers 1,8 Bruschetta 1,7 v

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

Available Daily: Selection of Salads 9, Homemade Bread 1,3,7,9. Key: Some of our schools may use pre prepped potatoes or vegetables on occasions. Vg Vegan

These may contain sulphites and celeriac. Please discuss with your manager.







V Vegetarian

(ATHOLIC

