NOVEMBER TO MARCH 2027

NOURISH GROW WITH US

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 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.