

NOVEMBER TO  
MARCH 2026

  
GROW WITH US  
**NOURISH**

## MONDAY

### WEEK ONE

3 Nov  
24 Nov  
15 Dec  
19 Jan  
9 Feb  
9 March  
30 March

### WEEK TWO

10 Nov  
1 Dec  
5 Jan  
26 Jan  
23 Feb  
16 March

### WEEK THREE

17 Nov  
8 Dec  
12 Jan  
2 Feb  
2 March  
23 March

## TUESDAY

Chicken Pie 1  
Pesto Pasta 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Crushed Potato  
Cauliflower,  
Carrots

Strawberry Mousse 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Chicken Curry  
Tomato Spaghetti 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rice,  
Carrots,  
Peas

Chocolate Ice Cream 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Cheese Penne & Garlic Bread 1,3,7 V  
Sweet Potato & Chick Pea Curry VG  
Jackets with a Choice of Toppings 7,8,9

Rice,  
Green Beans,  
Mixed Salad

Peach Crumble 1 VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

## WEDNESDAY

Roast Gammon & Gravy  
Vegan Sausage Roll 1 V  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes,  
Cabbage,  
Peas

Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Roast Chicken & Gravy  
Ratatouille Puff 1,3 VG  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes  
Broccoli,  
Carrots

Crispy Cake 1,3,7,16  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Sausages & Yorkshire Pudding 1,7,9  
Vegetable Sausage VG  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes,  
Green Beans,  
Carrots

Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

## THURSDAY

Spaghetti Bolognese & Garlic Bread 1,3  
Loaded Bean Chilli Wedges VG  
Jackets with a Choice of Toppings 7,8,9

Green Beans  
Grated Carrots

Brownie 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Beef Stew & Dumpling 1  
Pesto Pasta 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Cauliflower,  
Green Beans

Apple & Cinnamon Pinwheel 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Beef Cottage Pie  
Herby Tomato Spaghetti 1 VG  
Jackets with a Choice of Toppings 7,8,9

Seasonal Vegetables

Lemon Drizzle Cake 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

## FRIDAY

Fish Fingers 1,8  
Vegetable Sausage VG  
Jackets with a Choice of Toppings 7,8,9

Chips,  
Sweetcorn, Baked Beans

Oaty Cookie 1,15 VG  
Yoghurt 3,7  
Fruit Pots VG

Salmon Bites 1,8  
Cheese & Sweetcorn Pizza 1,3,7 V  
Jackets with a Choice of Toppings 7,8,9

Chips,  
Peas, Mixed Salad

Marble Cookie 1 VG  
Yoghurt 3,7  
Fruit Pots VG

Fish Fingers 1,8  
Cheese, Carrot & Tomato Swirl 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Chips,  
Peas, Baked Beans,  
Grated Carrot

Caramel Flapjack 1,7,15 V  
Yoghurt 3,7,  
Fruit Pots VG

Norfolk 3

**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.

