NOVEMBER TO MARCH 2026

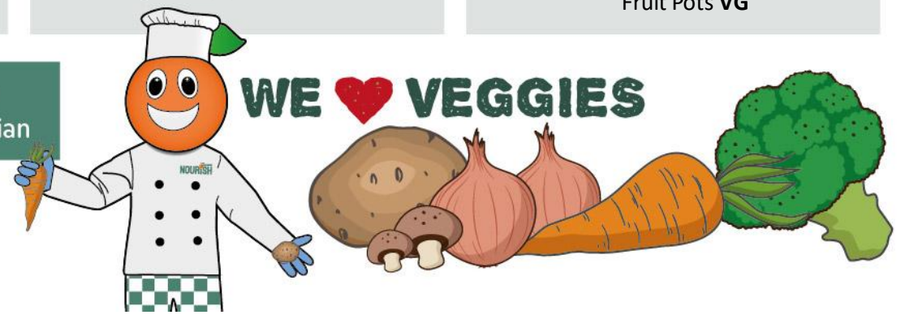
NOURISH GROW WITH US

WHAT'S ON THE MENU?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 3 Nov 24 Nov 15 Dec 19 Jan 9 Feb 9 March 30 March	Chicken Pie **1** Pesto & Pea 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**	Margherita Pizza **1,3,7 V** Bean Biryani **VG** Jackets with a Choice of Toppings **7,8,9** Rainbow Pasta **1** Seasonal Vegetables Toffee Apple Pudding **1 VG** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Chicken Sausage Roll **1,6** Vegetable Sausage **VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes or Jollof Rice Cabbage, Peas Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Beef Bolognaise Pasta Bake **1,7** Loaded Bean Chilli Wedges **VG** Jackets with a Choice of Toppings **7,8,9** Green Beans Grated Carrots Parsnip Brownie **1 VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Fish Fingers **1,8** Broccoli Tots **1,7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Sweetcorn, Baked Beans Cucumber Sticks Oaty Cookie **1,15 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 10 Nov 1 Dec 5 Jan 26 Jan 23 Feb 16 March	Caribbean Brown Chicken 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 & Broccoli Pasta Bake **1,7 V** Buffalo Cauliflower Wings & Wedges **VG** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Plum Pudding **1VG** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Ratatouille Puff **1,3 VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes or Jollof Rice Broccoli, Carrots Crispy Cake **1,3,7,16** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Beef Stew & Dumpling **1** Pesto Pasta Bake **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**	Salmon Bites **1,8** Margherita Pizza **1,3,7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Coleslaw **9** Marble Cookie **1 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK THREE 17 Nov 8 Dec 12 Jan 2 Feb 2 March 23 March 27 Oct	Macaroni Cheese **1,7 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**	Chicken Noodles **1** BBQ Vegetable Burrito **1 VG** Jackets with a Choice of Toppings **7,8,9** Sweetcorn, Peppers Chocolate Rice Pudding **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Savoury Minced Beef & Yorkshire Puddings 1,7,9 Vegan Sausage Roll **1 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**	Beef Cottage Pie Herby Tomato Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Beetroot Cake **1 VG** Mr Nourish Biscuit **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**

South Norwood

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

AVAILABLE DAILY

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.