

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**

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 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.

