

NOVEMBER TO
MARCH 2027

NOURISH



DAIRY FREE MENU

BANG IN
SOME BEANS!
DISHES WITH ME NEXT
TO THEM CONTAIN BEANS



MONDAY

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**

TUESDAY

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**

WEDNESDAY

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**

THURSDAY

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**

FRIDAY

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**
Mr Nourish Biscuit **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
Mr Nourish Biscuit **1,3 VG**
Fruit Pots **VG**

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.



Norfolk

AVAILABLE
DAILY

