WEEK 1

THE HOUSE KITCHEN

02-NOV | 23-NOV | 14-DEC | 18-JAN | 08-FEB | 08-MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HouSe Favour es	**Slow-Braised Classic Beef Ragù** Served with homemade garlic focaccia & a fresh house salad **1,3**	**Chicken Madras Curry** Fragrant & mildly spicy, served with pilau rice, mango chutney, fresh cucumber salad & warm naan bread **1,6**	**The Nourish Roast** with all the trimmings **1,3,6,7,9** RoastiesHomemade Yorkies House Gravy	**Chilli & Garlic Chicken 6,7,9,12** Korean Style Chicken **1,3,6,7,9,12** Served with salt & pepper wedges & ranch slaw	**The Nourish Chippy:** Fish & vegetarian options  **See catering staff for allergens**
Rooted the veg one	**Aubergine Parmigiana** served with homemade garlic focaccia & a fresh house salad **1,3 VG**	**Vegan Pasanda Curry** served with pilau rice, mango chutney, fresh cucumber salad & warm naan bread **1 VG**	**Hearty No-Waste Cauliflower Cheese Bake** topped with a rich cheese sauce, served with traditional roast trimmings **1,3,7 V**	**Quorn Burger** served with salt & pepper wedges, ranch slaw & onion rings **1,3,4,5,6,7,9,12,16 V**	
CIAO! Pasta	**Freshly Prepared Pasta Pots Available Every Day** Featuring classics of Tomato & Basil **1 VG**, Macaroni Cheese **1,3,7 V** Meatball Marinara **1**, Creamy Garlic Chicken **1,3,7** & Green Pesto **1 VG**				
ST. EZ STREET	Loaded Chicken Tikka Marsala Fries **1,6,7**	Sticky Beef Noodles **1,3**	Chicken Souvlaki **1,6,7**	Spice Bag	**Chef Special** See catering staff for allergens
	Orange Drizzle Cake **1,3,9**	Apple Crumble & Custard **1,3,7**	Brownie Pinwheel **1,9**	Classic Carrot & Orange Cake **1,3 VG**	Fruit/Jelly/ Yoghurt Pots

Allergen Key: 1 Wheat Gluten **2** Crustaceans **3** Soy bean **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 **V** Vegetarian **VG** Vegan

LIVInG ★YOUR★TASTIEST★LIfE

AVAILABLE DAILY

CHfIF'S SPECIAL

KEEP AN EYE OUT FOR THE DAILY CHEF'S SPECIAL

SIMPLE

A DAILY SELECTIOn Of FRESH, In-HOUSE-MADE SALADS AnD SAnDWICHES



Spuddies

JACKET POTATO BAKED BEAnS, CHEESE OR TUnA

CIAO! Pizza

HANDMADE FRESH-DOUGH PIZZA WITH A SELECTION OF FLAVOURFUL TOPPINGS

ALLERGENS

Nourish Contract Catering understands that food allergens can present serious risks for some pupils dining with us. We ask customers with special dietary needs or allergies to speak directly with our Executive Chef, Catering Manager, or designated Allergen Champions every day to confirm which dishes are safe for them to consume. Where feasible, our team will produce bespoke meals upon request.

GROW WITH US NOURISH

WEEK 2

HOUSE KITCHEN

09-NOV | 30-NOV | 04-JAN | 25-JAN | 22-FEB |15-MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HouSe Favour es	**Traditional Sausages** Served with creamy mashed potatoes, honey-glazed carrots, rich onion gravy, & sweet caramelised onions **1,3,**	**Beef Enchiladas** Soft tortillas filled with seasoned beef, baked in a rich enchilada sauce, served with tortilla chips, house salad, fresh salsa, & sour cream **1,7**	**The Nourish Roast** with all the trimmings **1,3,6,7,9**	**Suya Spiced Chicken** **Served with jollof rice & sweetcorn salsa** **6,7,9,12**	**The Nourish Chippy:** Fish & vegetarian options  **See catering staff for allergens**
Rooted the veg one	**Quorn Sausages** Served with creamy mashed potatoes, honey-glazed carrots, rich onion gravy, & sweet caramelised onions **1 VG**	**Vegetable Fajitas** Soft tortillas filled with seasoned vegetables, baked in a rich enchilada sauce, served with tortilla chips, house salad, fresh salsa, & sour cream **1,7 V**	**Caramelized Red** Onion & Cheese Sausage Roll Served with roast trimmings **1,3,6,7,9 V**	**Maharagwe** Kenyan-style beans cooked in a rich coconut & tomato sauce **1 VG**	
CIAO! Pasta	**Freshly Prepared Pasta Pots Available Every Day** Featuring classics of Tomato & Basil **1 VG**, Macaroni Cheese **1,3,7 V** Meatball Marinara **1**, Creamy Garlic Chicken **1,3,7** & Green Pesto **1 VG**				
EZ ST. STREET	Loaded Sweet Potato Fries **1,7,9 V**	Turkish Kebab with Tomato Chilli Sauce **1,6,7,9,12**	Spicy Singapore Noodles **1,3 VG**	Lebanese Chicken Box **1,6,7,9,12**	**Chef Special** See catering staff for allergens
	Jammy Biscuits **1,3 VG**	Brookie **1,7,9**	Jam Crumble Slice **1,3,9**	School Cake & Custard **1,3,7,9**	Fruit/Jelly/ Yoghurt Pots

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GROW WITH US NOURISH

WEEK 3

THE HOUSE KITCHEN

16-NOV | 07-DEC | 11-JAN | 01-FEB | 01-MAR | 22-MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HouSe Favour es	**Southern-Style Chicken** Served with Cajun beans, potato wedges, & crunchy fresh coleslaw **1,3,6,7,9,12**	**Traditional Cottage** Pie Topped with creamy mashed potato, served with honey-roasted carrots **1,3,7**	**The Nourish Roast** with all the trimmings **1,3,6,7,9**	**Beef Rogan Josh** Tender slow-cooked beef, in a rich Kashmiri-style spicy tomato sauce, served with fragrant rice, raita & naan bread **1**	**The Nourish Chippy:** Fish & vegetarian options  **See catering staff for allergens**
Rooted the veg one	**Southern-Style Quorn Hot Dog** Served with Cajun beans, potato wedges & crunchy fresh coleslaw **1,5,6,7,9,12 V**	**Vegetarian Cottage** Pie topped with creamy mashed potato, served with honey-roasted carrots **V**	**Grilled Cauliflower** Steak Served with roast trimmings **1,3,6,7,9 V**	**Onion Bhaji & Vegetable Samosas** served with fragrant rice & cooling raita **1,5,6 VG**	
CIAO! Pasta	**Freshly Prepared Pasta Pots Available Every Day** Featuring classics of Tomato & Basil **1 VG**, Macaroni Cheese **1,3,7 V** Meatball Marinara **1**, Creamy Garlic Chicken **1,3,7** & Green Pesto **1 VG**				
EZ ST. STREET	Popcorn Chicken **1,2,3,4,5,6,7,8,9,12**	Cheesy Jalapeno Bites **1,3,4,6,7,9,12 V**	Chicken Yakitori Noodles **1,3**	Loaded Hash Browns **1,7,9 V**	**Chef Special** See catering staff for allergens
	Raspberry & White Chocolate Muffin **1,3,7,9**	Chocolate Beetroot Cake **1,3 VG**	No Waste Banana Cake **1,3,7,9 V**	Biscoff Sponge **1,3 VG**	Fruit/Jelly/ Yoghurt Pots

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