

13-Apr 04-May 01-Jun 22-June  
13-Jul 31-Aug 21-Sept 12-Oct



# WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>House Favourites</b>	Tuscan-Style Chicken Meatballs in a Creamy Sauce Served with Penne & Garlic Bread 1,7,5,3	Chicken Katsu Curry Panko Chicken with Katsu Sauce, Sticky White Rice & Dressed Salad 1,3,9,7,12	<b>The Nourish Roast</b> With all the Trimmings 1,7,9	Sweet & Sticky Honey Garlic Chicken with Savoury Rice & Asian Slaw 9	<b>The Nourish Chip Shop</b> Fish and Vegetarian Options
<b>Rooted</b> the veg one	Oven-Baked Roasted Vegetable Frittata with Melted Cheese Served with Penne & Garlic Bread 1,7,5,3,9 V	Tofu Raisukaree - Mild Coconut Curry with White Sticky Rice & Dressed Salad 3 VG	Roasted Butternut Squash Wellington in Golden Puff Pastry 1,3,7,9 V	Vegetable Gyoza with Sesame Noodles 1,2,3,5,9,12 V	See allergen matrix for allergen information
<b>Just Gustaso</b>	<b>Freshly Prepared Pasta Pots Available Every Day</b> Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese 1,3,7V, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG				
<b>STREET</b>	Loaded Hash Browns 1,7,9,4,6 V	Southern Fried Open Chicken Wrap 1,9	Burrito Bowl	Chicken Sloppy Joes	Chef's Special (See staff for allergen information)
<b>DESSERT</b>	Freshly Baked Iced School Cake 1,3,7,9	Traditional Apple Crumble with Smooth Vanilla Custard 1,3,7	Sweet Jam-Filled Pinwheels Puffs 1,9	Light Chocolate Sponge with Warm Chocolate Custard 1,3,7,9	Fruit, Jelly & Yoghurt Pots (See allergen matrix for allergen information)

## FRESH FRUIT AND YOGHURTS

**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**

**Spuddies**

JACKET POTATO  
BAKED BEANS,  
CHEESE OR TUNA

**SIMPLE DELI**

A DAILY SELECTION  
OF FRESH, IN-HOUSE-MADE  
SALADS AND SANDWICHES

**SPECIALS**

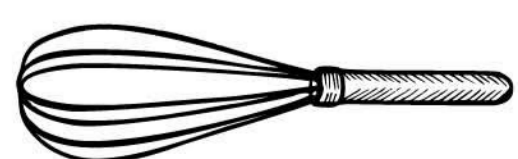
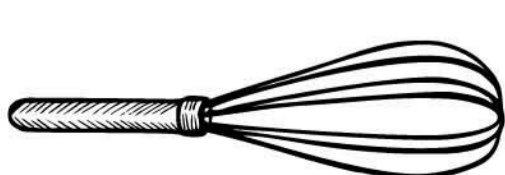
**CHEF'S SPECIAL**

KEEP AN EYE  
OUT FOR THE  
DAILY CHEF'S SPECIAL

**FAVOURITES**

**PIZZA**


HANDMADE FRESH-DOUGH  
PIZZA WITH A SELECTION OF  
FLAVOURFUL TOPPINGS



20-Apr 11-May 08-Jun 29-June  
20-July 07-Sept 28-Sept 19-Oct



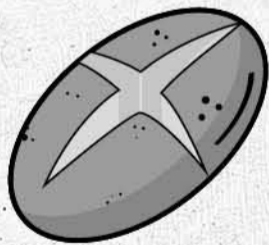
# WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>House Favourites</b>	<b>Build Your Own Taco</b> Chilli & Lime Chicken or Seasoned Beef add your favourite toppings 1,7	Mexican-Style Beef Lasagne with Crunchy Nachos served with Dressed Salad & Garlic Bread 1,3,4,7,9	<b>The Nourish Roast</b> With all the Trimmings 1,7,9	Golden Buttermilk Fried Chicken with Rustic Potato Wedges & BBQ Beans 1,3,7,9	<b>The Nourish Chip Shop</b> Fish and Vegetarian Options 
<b>Rooted the veg one</b>	<b>Build Your Own Taco</b> Smokey Pulled Aubergine & Black Bean 1,7 V	Warm Quesadillas filled with Roasted Vegetables & Melted Cheese 1,7 V	Homemade Cheese and Broccoli Quiche 1,3,7,9 V	Cajun-Spiced Bean Burger with Rustic Potato Wedges & BBQ Beans 1,3,5,9 V	See allergen matrix for allergen information
<b>Passo Gustoso</b>	<b>Freshly Prepared Pasta Pots Available Every Day</b> Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese 1,3,7V, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG				
<b>EZ STREET</b>	Sweet Chilli Meatballs with Sesame Noodles 1,3,5	Loaded Potato Bravas 1,7,9,3,6,4	Popcorn Chicken 1,2,7,4,9,5,3	Mezze Box 1,3 VG	Chef's Special (See staff for allergen information)
<b>DESSERT</b>	Freshly Baked Vanilla Sponge with Creamy Custard 1,7,9	Classic Shortbread Biscuit 1,3	Burnt Butterscotch Rice Pudding 7	Classic Chocolate Rice Crispy Square 1	Fruit, Jelly & Yoghurt Pots (See allergen matrix for allergen information)
<b>FRESH FRUIT AND YOGHURTS</b>					

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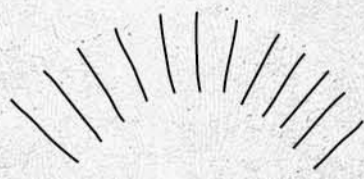
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**SPECIALS**



**PIZZA**

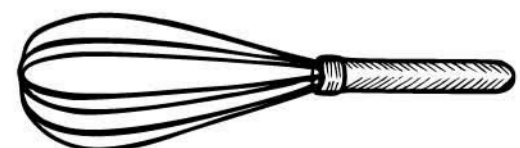
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PIZZA WITH A SELECTION OF  
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**CHEF'S SPECIAL**

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**FAVOURITES**



27-Apr 18-May 15-Jun 06-July  
 14-Sept 05-Oct



# WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>House Favourites</b>	Jerk Chicken with Rice & Peas, Jamaican Slaw & Pineapple Salsa 1,3,4,9	<b>Mac N Cheese Bar</b> Creamy Macaroni Cheese Your Way <b>MAC'N CHEESE</b>	<b>The Nourish Roast</b> With all the Trimmings 1,7,9	Slow-Cooked Creamy Chicken Korma with Fragrant Pilau Rice & Naan Bread 1,6	<b>The Nourish Chip Shop</b> Fish and Vegetarian Options <b>THE CHIPPER</b>
<b>Rooted the veg one</b>	Butternut Squash & Black Bean Stew with Rice & Peas 1,3, VG	Choose your Topping Served with Garlic Bread 1,3,5,7,9	Homemade Potato, Cheese & Onion Pie with a Golden Crust 1,3,7,9 V	Paneer Korma with Fragrant Pilau Rice & Naan Bread 1,6 VG	See allergen matrix for allergen information
<b>Just Gustaso</b>	<b>Freshly Prepared Pasta Pots Available Every Day</b> Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese 1,3,7V, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG				
<b>STREET</b>	Cajun Chicken Wings with Chilli Potatoes 1,3	Chicken Tikka Naan Bowl 1,7,6,4,10,13	Loaded Nachos 1,12	Chicken Gyoza with Sesame Noodles 1,4,8,5,6	Chef's Special (See staff for allergen information)
<b>DESSERT</b>	Warm Apple Pie with Custard 1,3,7,9	Rich Sticky Toffee Pudding with Warm Toffee Sauce 1,3,7,9	Pink Jam Slice 1,3,9	Chocolate Concrete 1,3,9	Fruit, Jelly & Yoghurt Pots (See allergen matrix for allergen information)

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