

# NourishED

by RD Johns

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Butcher's Sausage & Mash, Onion Gravy and Mixed Vegetables 	Chicken & Sweetcorn Pasta Bake with Peas & Crusty Bread 	Roast Gammon Ham, Roast Potatoes, Vegetables and Gravy 	Savory Mince served with Vegetables and Wholegrain Rice 	Gluten free Salmon Fish Fingers With Chips and Beans 
<b>Vegi Main</b>	Quorn Vegan Sausage & Mash with Onion Gravy and Mixed Vegetables 	Broccoli & Cauliflower Cheese Bake with Peas Crusty Bread 	Quorn Fillet with Roast Potatoes, Vegetables and Gravy 	Savory Quorn Mince with Vegetables and Wholegrain Rice 	Roasted Vegetable Frittata with Chips and Beans 
<b>Jacket/ Sandwich</b>	Baked Beans Jacket Potato 	Tuna & Sweetcorn (Vegan Mayo ) Jacket Potato 	Cheddar Cheese & Tomato Sandwich with Nachos & Raisins 	Baked Beans & Cheddar Cheese Jacket Potato 	Chicken Mayo Baguette with Nachos and Raisins 
<b>Dessert</b>	Ice Cream and Fruit Salad 	Apricot Flapjack 	Winter Berry Trifle 	Marble cake 	Cookies 

Bread and Yoghurt  
Option available daily





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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Chicken Casserole, Yorkshire Pudding with Mash Potato 	Beef Burger in a bun with Potato Wedges and Beans 	Roast Chicken, New Potatoes with Vegetables and Gravy 	Wholewheat Penne Pasta, Ham & Cheese with Peas and Sweetcorn 	Gluten Free Fish Fingers Wedges and Peas 
<b>Vegi Main</b>	Root Vegetable Casserole with Mash Potato & Yorkshire Pudding 	Sothorn Fried Quorn Burger in a bun with Potato Wedges and Beans 	Roast Quorn Fillet, New Potatoes with Vegetables and Gravy 	Cheesy Wholewheat Pasta with Peas and Sweetcorn 	Quorn Dippers with Peas and Potato Wedges 
<b>Jacket/ Sandwich</b>	Baked Beans Jacket Potato with Side Salad 	Ham Salad Bap with Nachos and Raisins 	Tuna Mayo Jacket Potato with Side Salad 	Baked Beans Jacket Potato with Side Salad 	Cheddar Cheese Salad Wrap with Nachos and Raisins 
<b>Dessert</b>	Ice Cream Pots 	Steamed Jam Sponge Pudding with Custard 	Apple Cake 	Angel Delight with Mandarins 	Rice Krispie Cake with Orange Slices 

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Chicken Korma with Wholegrain Rice and Green Beans 	Pepperoni Pizza with Wedges and Peas 	Sausage Toad in the Hole with Vegetables and Gravy 	Bolognese Wholegrain Pasta with Peas and Garlic Bread 	Breaded Baked White Fish with Chips and Beans 
<b>Vegi Main</b>	Quorn Korma with Wholegrain Rice and Green Beans 	Cheese and Tomato Pizza with Wedges and Peas 	Vegan Quorn Sausage Toad in the Hole with Vegetables and Gravy 	Quorn Bolognese with Wholegrain Pasta with Garlic Bread 	Veggie Enchiladas with Chips and Beans 
<b>Jacket/ Sandwich</b>	Baked Beans & Cheddar Cheese Jacket Potato with Side Salad 	Tuna Mayo Jacket Potato with Side Salad 	Cheddar Cheese & Cucumber Wrap with Nachos and Raisins 	Baked Beans Jacket Potato with Side Salad 	Ham Salad Brown Bread Sandwich with Nachos and Raisins 
<b>Dessert</b>	Berry Compote with Natural Yoghurt 	Jelly and Fruit 	Pear and Oat Crumble with Custard 	Carrot Cake 	Oat Cookie 

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	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	<b>Gluten Free Sausage &amp; Mash, Onion Gravy and Mixed Vegetables</b> 	<b>Chicken &amp; Sweetcorn Gluten Free Pasta Bake with Peas &amp; Gluten free Bread</b> 	<b>Roast Gammon Ham, New Potatoes, Vegetables and Gravy</b> 	<b>Savory Mince served with Vegetables and Wholegrain Rice</b> 	<b>Gluten free Salmon Fish Fingers With Chips and Beans</b> 
Vegi Main	<b>Quorn Vegan Sausage &amp; Mash with Onion Gravy and Mixed Vegetables</b> 	<b>Broccoli &amp; Cauliflower Violife Cheese Bake with Peas Gluten Free Bread</b> 	<b>Quorn Fillet with Potatoes, Vegetables and Gravy</b> 	<b>Savory Quorn Mince with Vegetables and Wholegrain Rice</b> 	<b>Quorn Vegan fishless fingers chips and beans</b> 
Jacket/ Sandwich	<b>Baked Beans Jacket Potato</b> 	<b>Baked Beans with Violife cheese Jacket Potato</b> 	<b>Violife Cheese &amp; Tomato Gluten Free Sub with Nachos &amp; Raisins</b> 	<b>Baked Beans &amp; Violife Cheese Jacket Potato</b> 	<b>Chicken Vegan Mayo Gluten free Baguette with Nachos and Raisins</b> 
Dessert	<b>Fruit Smootie</b> 	<b>Apricot Flapjack</b> 	<b>Jelly and Fruit</b> 	<b>Free From Cake</b> 	<b>Free from Cookies</b> 



Bread and Yoghurt  
Option available daily






## FOOD ALLERGENS



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	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Chicken Casserole, with Mash Potato & Free From Roll 	Free From Beef Burger in a Gluten Free Bun with Potato Wedges and Beans 	Roast Chicken, New Potatoes with Vegetables and Gravy 	Gluten Free Penne Pasta, Ham & violife Cheese with Peas and Sweetcorn 	Gluten Free Chicken Nuggets & Chips With peas and sweetcorn 
Vegi Main	Root Vegetable Casserole with Mash Potato & Free From Roll 	Sothern Fried Quorn Burger in a Bun with Potato Wedges and Beans 	Roast Quorn Fillet, New Potatoes with Vegetables and Gravy 	Violife Cheesy Gluten Free Pasta with Peas and Sweetcorn 	Quorn Dippers with Peas and sweetcorn and Potato Wedges 
Jacket/ Sandwich	Baked Beans Jacket Potato with Side Salad 	Ham Salad Gluten Free Bap with Nachos and Raisins 	Violife Cheese Jacket Potato with Side Salad 	Baked Beans Jacket Potato with Side Salad 	Ham Salad Gluten Free Bread with Nachos and Raisins 
Dessert	Smoothie 	Free From Cake with Plant Based Cream 	Free From Cake 	Smoothie 	Free From Cake 



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	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Chicken Korma with Wholegrain Rice and Green Beans 	Free From Pepperoni and Violife Cheese Pizza 	Gluten Free Sausage Vegetables and Gravy 	Bolognese Gluten Free Pasta with Peas and Gluten Free Garlic Bread 	Gluten free fish finger with chips and beans 
Vegi Main	Quorn Korma with Wholegrain Rice and Green Beans 	Free From Tomato and Violife Cheese Pizza 	Vegan Quorn Sausage with Vegetables and Gravy 	Vegan Quorn Bolognese with Gluten Free Pasta with Gluten Free Garlic Bread 	Gluten Free Veggie Enchiladas Violife Cheese with Chips and Beans 
Jacket/ Sandwich	Baked Beans & Violife Cheese Jacket Potato with Side Salad 	Tuna Mayo Jacket Potato with Side Salad 	Violife Cheese And Tomato Sub Roll With Nachos and Raisins 	Baked Beans Jacket Potato with Side Salad 	Ham Salad Free From Bread with Nachos and Raisins 
Dessert	Smoothie 	Jelly and Fruit 	Pear and Oat Crumble with Plant-Based Cream 	Free from cake 	Free From Cookie 



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