

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



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	The Nourish Roast With all the Trimmings 1,7,9	Sweet & Sticky Honey Garlic Chicken with Savoury Rice & Asian Slaw 9	The Nourish Chip Shop Fish, Meat and Vegetarian Options
	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
	Freshly Prepared Pasta Pots Available Every Day Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese1,3,7V, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG				
	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)
DESSERT	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					

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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



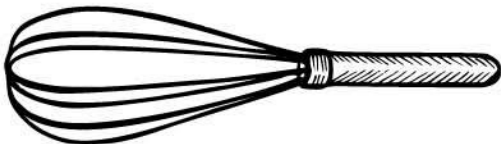
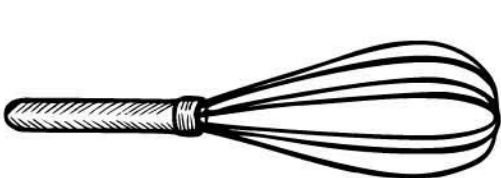
PIZZA

HANDMADE FRESH-DOUGH
PIZZA WITH A SELECTION OF
FLAVOURFUL TOPPINGS

CHEF'S SPECIAL

KEEP AN EYE
OUT FOR THE
DAILY CHEF'S SPECIAL

FAVOURITES



20-Apr11-May08-Jun29-June20-July07-Sept28-Sept19-Oct



WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Build Your Own Taco 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	The Nourish Roast With all the Trimmings 1,7,9	Golden Buttermilk Fried Chicken with Rustic Potato Wedges & BBQ Beans 1,3,7,9	The Nourish Chip Shop Fish, Meat and Vegetarian Options
	Build Your Own Taco 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
	Freshly Prepared Pasta Pots Available Every Day Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese 1,3,7V, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG				
	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)
DESSERT	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)
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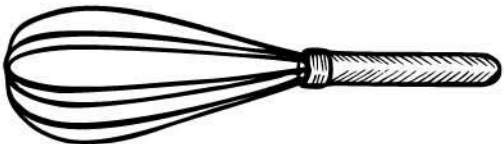
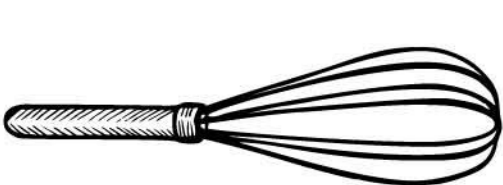
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FAVOURITES



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



WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Jerk Chicken with Rice & Peas, Jamaican Slaw & Pineapple Salsa 1,3,4,9	Mac N Cheese Bar Creamy Macaroni Cheese Your Way 	The Nourish Roast With all the Trimmings 1,7,9	Slow-Cooked Creamy Chicken Korma with Fragrant Pilau Rice & Naan Bread 1,6	The Nourish Chip Shop Fish, Meat and Vegetarian Options 
	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
	Freshly Prepared Pasta Pots Available Every Day Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese 1,3,7V, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG				
	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)
DESSERT	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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