

CELEBRATING 20 YEARS

NOURISH
GROW WITH US

Established 2003

OCT 23 TO MAR 24

DAIRY FREE MENU



Week 1

30th Oct
27th Nov
8th Jan
5th Feb
11th Mar

MONDAY

Cauliflower & Chick Pea Curry **VG**
Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Rice, Sweetcorn Peppers
Mr Nourish Biscuit **1**
Fruit Pots

TUESDAY

Chicken Stew & Dumpling **1**
Quorn Sausage Casserole & Dumpling **1 VG**
Green Beans, Carrots
Apple Crumble **1**
Mr Nourish Biscuit **1**
Fruit Pots

WEDNESDAY

Savoury Minced Beef Lentil & Bean Loaf **1 VG**
Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Rustic Roast Potatoes Cauliflower, Broccoli
Fruit Jelly
Mr Nourish Biscuit **1**
Fruit Pots

THURSDAY

Falafel Wrap **1 VG**
Jackets with Baked Beans or Tuna Mayonnaise **8,9**
New Potatoes Seasonal Vegetables
Mr Nourish Biscuit **1**
Fruit Pots

FRIDAY

Fish Fingers **1,8**
Mediterranean Fusilli **1 VG**
Chips, Peas
Baked Beans, Coleslaw **9**
Ginger Biscuit **1,15**
Fruit Pots

Week 2

6th Nov
4th Dec
15th Jan
19th Feb
18th Mar

Rice & Bean Burrito **1 VG**
Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Baked Wedges Seasonal Vegetables
Mr Nourish Biscuit **1**
Fruit Pots

Chicken Noodles **1,3,16**
Vegetable Nuggets & Tomato Sauce **1 VG**
Rainbow Rice Carrots, Peas
Toffee Apple Pudding **1,9**
Mr Nourish Biscuit **1**
Fruit Pots

Roast Chicken & Gravy Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Rustic Roast Potatoes or Jollof Rice Cabbage, Sweetcorn
Popcorn & Raisin Pot
Mr Nourish Biscuit **1**
Fruit Pots

Mild Chilli **4**
Sweet & Sour Vegetables **VG**
Rice, Carrots Green Beans
Sunshine Bar **1,6,15,16**
Mr Nourish Biscuit **1**
Fruit Pots

Salmon Risotto **8**
Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Chips, Peas Baked Beans Cucumber Sticks
Jaffa Biscuit **1**
Fruit Pots

Week 3

13th Nov
11th Dec
22nd Jan
26th Feb
25th Mar

Spaghetti Vegetable Bolognese **1 VG**
Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Green Beans Carrots
Mr Nourish Biscuit **1**
Fruit Pots

Chicken Curry BBQ Quorn & Beans **1 VG**
Tomato & Herb Pasta **1 VG**
Rice, Sweetcorn Onion Slaw
Jam Sponge **1,9**
Mr Nourish Biscuit **1**
Fruit Pots

Roast Beef & Gravy Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Rustic Roast Potatoes or Jollof Rice Cabbage, Peas
Fruit Jelly
Mr Nourish Biscuit **1**
Fruit Pots

Chicken & Sweetcorn Pie **1**
Loaded Sweet Potato **VG**
New Potatoes Seasonal Vegetables
Sweet Potato Cake **1,9**
Mr Nourish Biscuit **1**
Fruit Pots

Sausages **1,6**
Quorn Sausage **1 VG**
Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Chips, Peas, Baked Beans Roasted Onions
Apple Flapjack **1,15**
Fruit Pots

Week 4

20th Nov
1st Jan
29th Jan
4th Mar

Vegetable Biryani **VG**
Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Sweetcorn Peppers
Mr Nourish Biscuit **1**
Fruit Pots

BBQ Chicken Sweet Potato & Bean Wrap **1 VG**
Tomato Spaghetti **1 VG**
Rice Seasonal Vegetables
Banana Loaf **1,9**
Mr Nourish Biscuit **1**
Fruit Pots

Roast Chicken & Gravy Vegan Sausage Roll **1 VG**
Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots
Mr Nourish Biscuit **1**
Fruit Pots

Bolognese Penne Pasta **1**
Jackets with Baked Beans or Tuna Mayonnaise **8,9**
Cauliflower, Broccoli
Jam Swirl **1**
Mr Nourish Biscuit **1**
Fruit Pots

Fish Fingers **1,8**
Tomato & Sweetcorn Penne **1 VG**
Chips, Peas Baked Beans Coleslaw **9**
Fruit Pots



Dishes marked with any of the following numbers contain the matching allergen.

- 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

Allergen Accreditation

LOOK OUT FOR OUR THEMED DAYS!

DAIRY FREE LEWISHAM

KEY: VG Vegan V Vegetarian

Available Daily: Selection of Salads 9, Homemade Bread 1,3,7,9.

Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.