



WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

House *Favourites*

Classic Beef Bolognese

served with pasta and garlic bread
1,3,7

Chicken Madras Curry

fragrant and mildly spicy, with pilau rice, mango chutney, fresh cucumber salad, and warm naan bread. 1

The Nourish Roast

Roast chicken with all the trimmings
1,7,9

Goujons

Chicken Goujons – served with Asian slaw and salt & pepper wedges
1,3,4,7,9,12

The Nourish Chip Shop

Fish, Meat and Vegetarian Options



Roasted Vegetable Lasagne

1,3,4,7,9 V

Indian Spiced Potato Pie

served with mango chutney, fresh cucumber salad, and warm naan bread
1,7 V

Cauliflower Cheese Bake

Hearty & no-waste in a rich cheese sauce
1,3,7 V

Quorn Burger

with salt & pepper wedges, ranch slaw and onion rings 1,5,9 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



Loaded Chicken Tikka Fries

6,7

Sticky Singapore Noodles

1,3,16

Chicken Souvlaki

1

Spice Bag

Chef's Special
(See staff for allergen information)

DESSERT

Jammie Biscuit

1,3 VG

Apple Crumble with Smooth Vanilla Custard

1,3,7

Brownie Pinwheel

1,3,7,9

Classic Carrot & Orange Cake

1,3 VG

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 ★



KEEP AN EYE OUT FOR THE DAILY CHEF'S SPECIAL



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

SPECIALS

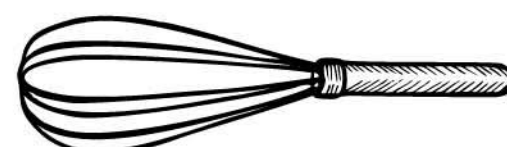
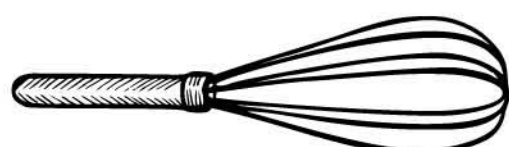


HANDMADE FRESH-DOUGH PIZZA WITH A SELECTION OF FLAVOURFUL TOPPINGS

AVAILABLE DAILY



FAVOURITES





WEEK 2

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	Traditional Sausages & Mash with all the trimmings 1,3,6,7,9 V	 Mac 'n' Cheese Bar Creamy Macaroni Cheese Your Way	The Nourish Roast Roast Chicken with all the trimmings 1,7,9	Beef Rogan Josh served with fragrant rice cooling raita, and crisp poppadom 1,7	The Nourish Chip Shop Fish, Meat and Vegetarian Options 
	 Veggie Sausages & Mash 1,7,9 V	Choose your Topping served with garlic bread 1,3,5,7,9	Red Onion & Cheese Sausage Roll served with the roast trimmings 1,3,7,9 V	Onion Bhaji & Samosas with fragrant rice, cooling raita, and crisp poppadom 1,7 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					
	Loaded Sweet Potato Fries 7 V	Loaded Hash Browns 7 V	Spicy Beef Noodles 1,3,16	Lebanese Chicken Box 1,3	Chef's Special (See staff for allergen information)
	DESSERT	Orange Drizzle Cake 1 VG	No Waste Banana Bread Pudding 1,3,7,9	Jam Crumble Slice 1,3 VG	Biscoff Sponge 1,3,7,9
Fruit, Jelly & Yoghurt Pots (See allergen matrix for allergen information)					

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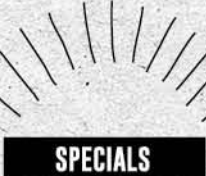
CHEF'S SPECIAL

KEEP AN EYE OUT FOR THE DAILY CHEF'S SPECIAL



SIMPLE Delish

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



SPECIALS



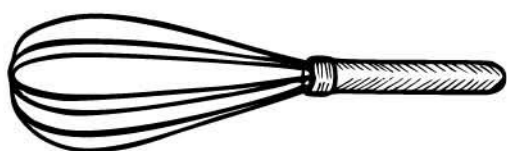
PIZZA

HANDMADE FRESH-DOUGH PIZZA WITH A SELECTION OF FLAVOURFUL TOPPINGS

AVAILABLE DAILY



FAVOURITES



18 Sept 9 Oct 6 Nov 27 Nov
18 Dec 22 Jan 12 Feb 12 March



WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jacket Potato Bar

House *Favourites*

Your choice of sweet potato or classic baked jacket potato served with one filling of either:

BBQ Chicken Loaded Wedges

Succulent chicken in a tangy barbecue sauce over potato wedges

Traditional Sausage & Mash

with all the trimmings
1,3,6,7,9

Chicken Tikka Masala

with fragrant rice, cooling raita & crisp poppadom
1,6,7

The Nourish Chip Shop

Fish, Meat and Vegetarian Options



Bean Chilli, Creamy Mushrooms, Baked Beans, Coleslaw, or Grated Cheese
1,3,7,9 V

Bean & Rice Buritto

A spicy mix of beans, vegetables and rice, in a tortilla wrap
1 VG

Quorn Sausage & Mash

with all the trimmings
1,3,7,9 V

Onion Bhaji & Samosas

with fragrant rice, cooling raita, and crisp poppadom
1,7 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



Tangy Vegetable Bao Buns

1,3 VG

Popcorn Chicken

1,2,3,7,5,4,12,8

Chicken Yakatori

1,3

Loaded Hash Browns

7 V

Chef's Special

(See staff for allergen information)

DESSERT

Honey Cake with Custard

1,3,7

Light & Fluffy Strawberry Mousse

7

No Waste Banana Bread Pudding

1,3,7,9

Biscoff Sponge

1,3,7,9

Fruit, Jelly & Yoghurt Pots
(See allergen matrix for allergen information)

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



HANDMADE FRESH-DOUGH PIZZA WITH A SELECTION OF FLAVOURFUL TOPPINGS

AVAILABLE DAILY



FAVOURITES

