

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



# WEEK 1

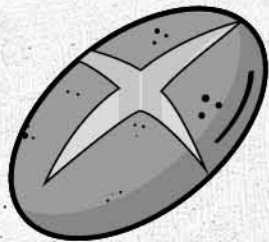
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>House Favourites</b>	Tuscan-Style Chicken Meatballs in a Creamy Sauce Served with Penne & Garlic Bread 1,7,5,3	Chicken Katsu Curry -Panko Chicken with Katsu Sauce, Sticky White Rice & Dressed Salad 1,3,9,7,12	<b>The Nourish Roast</b> With all the Trimmings 1,7,9	Sweet & Sticky Honey Garlic Chicken with Savoury Rice & Asian Slaw 9	<b>The Nourish Chip Shop</b> Fish, Meat and Vegetarian Options
<b>Rooted the veg one</b>	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>Posto Gustoso</b>	<b>Freshly Prepared Pasta Pots Available Every Day</b> Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese 1,3,7,V, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG				
<b>ST Z STREET</b>	Loaded Hash Browns 1,7,9,4,6V	Southern Fried Open Chicken Wrap 1,9	Burrito Bowl 1,5,7	Chicken Sloppy Joes 1,3,5,7,9	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



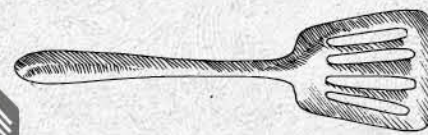
**Spuddies**

JACKET POTATO  
BAKED BEANS,  
CHEESE OR TUNA

**SIMPLE DELI**

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

**SPECIALS**



**PIZZA**

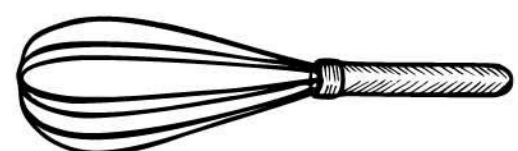
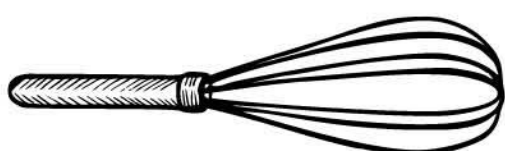
HANDMADE FRESH-DOUGH  
PIZZA WITH A SELECTION OF  
FLAVOURFUL TOPPINGS

**CHEF'S SPECIAL**

KEEP AN EYE  
OUT FOR THE  
DAILY CHEF'S SPECIAL



**FAVOURITES**



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



# WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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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**

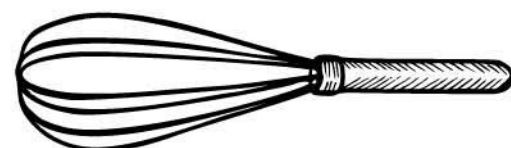
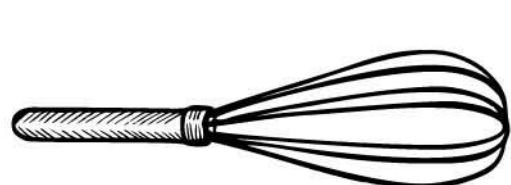
**PIZZA**

HANDMADE FRESH-DOUGH PIZZA WITH A SELECTION OF FLAVOURFUL TOPPINGS

**CHEF'S SPECIAL**

KEEP AN EYE OUT FOR THE DAILY CHEF'S SPECIAL

**FAVOURITES**



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, Meat 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>ST. Z 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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