WEEK 1

THE HOUSE KITCHEN

02-NOV | 23-NOV | 14-DEC | 18-JAN | 08-FEB | 08-MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
House Favourites	**Slow-Braised Classic Beef Ragù** Served with homemade garlic focaccia & a fresh house salad **1,3**	**Chicken Madras Curry** Fragrant & mildly spicy, served with pilau rice, mango chutney, fresh cucumber salad & warm naan bread **1,6**	**The Nourish Roast** with all the trimmings Roasties Homemade Yorkies House Gravy **1,3,6,7,9**	**Wing It!** Chilli & Garlic Wings **6,7,9,12** Korean Style Chicken Wings **1,3,6,7,9,12** Served with salt & pepper wedges & ranch slaw	**The Nourish Chippy:** Fish, meat & vegetarian options  **See catering staff for allergens**
Rooted the veg one	**Aubergine Parmigiana** served with homemade garlic focaccia & a fresh house salad **1,3 VG**	**Vegan Pasanda Curry** served with pilau rice, mango chutney, fresh cucumber salad & warm naan bread **1 VG**	**Hearty No-Waste Cauliflower Cheese Bake** topped with a rich cheese sauce, served with traditional roast trimmings **1,3,7 V**	**Quorn Burger** served with salt & pepper wedges, ranch slaw & onion rings **1,3,4,5,6,7,9,12,16 V**	
CIAO! Pasta	**Freshly Prepared Pasta Pots Available Every Day** Featuring classics of Tomato & Basil **1 VG**, Macaroni Cheese **1,3,7 V** Meatball Marinara **1**, Creamy Garlic Chicken **1,3,7** & Green Pesto **1 VG**				
EZ ST. STREET	Loaded Chicken Tikka Marsala Fries **1,6,7**	Sticky Beef Noodles **1,3**	Chicken Souvlaki **1,6,7**	Spice Bag	**Chef Special** See catering staff for allergens
DESSERT	Orange Drizzle Cake **1,3,9**	Apple Crumble & Custard **1,3,7**	Brownie Pinwheel **1,9**	Classic Carrot & Orange Cake **1,3 VG**	Fruit/Jelly/ Yoghurt Pots

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

CHEF'S SPECIAL

KEEP AN EYE OUT FOR THE DAILY CHEF'S SPECIAL

SIMPLE

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



Spuddies

JACKET POTATO BAKED BEANS, CHEESE OR TUNA

CIAO! Pizza

HANDMADE FRESH-DOUGH PIZZA WITH A SELECTION OF FLAVOURFUL TOPPINGS

ALLERGENS

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GROW WITH US NOURISH

WEEK 2

THE HOUSE KITCHEN

09-NOV | 30-NOV | 04-JAN | 25-JAN | 22-FEB |15-MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
House Favourites	**Traditional Sausages** Served with creamy mashed potatoes, honey-glazed carrots, rich onion gravy, & sweet caramelised onions **1,3,**	**Beef Enchiladas** Soft tortillas filled with seasoned beef, baked in a rich enchilada sauce, served with tortilla chips, house salad, fresh salsa, & sour cream **1,7**	**The Nourish Roast** with all the trimmings Roasties Homemade Yorkies House Gravy **1,3,6,7,9**	**Suya Spiced Chicken** **Served with jollof rice & sweetcorn salsa** **6,7,9,12**	**The Nourish Chippy:** Fish, meat & vegetarian options  **See catering staff for allergens**
Rooted the veg one	**Quorn Sausages** Served with creamy mashed potatoes, honey-glazed carrots, rich onion gravy, & sweet caramelised onions **1 VG**	**Vegetable Fajitas** Soft tortillas filled with seasoned vegetables, baked in a rich enchilada sauce, served with tortilla chips, house salad, fresh salsa, & sour cream **1,7 V**	**Caramelized Red Onion & Cheese Sausage Roll** Served with roast trimmings **1,3,6,7,9 V**	**Maharagwe** Kenyan-style beans cooked in a rich coconut & tomato sauce **1 VG**	
CIAO! Pasta	**Freshly Prepared Pasta Pots Available Every Day** Featuring classics of Tomato & Basil **1 VG**, Macaroni Cheese **1,3,7 V** Meatball Marinara **1**, Creamy Garlic Chicken **1,3,7** & Green Pesto **1 VG**				
EZ ST. STREET	Loaded Sweet Potato Fries **1,7,9 V**	Turkish Kebab with Tomato Chilli Sauce **1,6,7,9,12**	Spicy Singapore Noodles **1,3 VG**	Lebanese Chicken Box **1,6,7,9,12**	**Chef Special** See catering staff for allergens
DESSERT	Jammy Biscuits **1,3 VG**	Brookie **1,7,9**	Jam Crumble Slice **1,3,9**	School Cake & Custard **1,3,7,9**	Fruit/Jelly/ Yoghurt Pots

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GROW WITH US NOURISH

WEEK 3

THE HOUSE KITCHEN

16-NOV | 07-DEC | 11-JAN | 01-FEB | 01-MAR | 22-MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
House Favourites	**Southern-Style Chicken** Served with Cajun beans, potato wedges, & crunchy fresh coleslaw **1,3,6,7,9,12**	**Traditional Cottage Pie** Topped with creamy mashed potato, served with honey-roasted carrots **1,3,7**	**The Nourish Roast** with all the trimmings Roasties Homemade Yorkies House Gravy **1,3,6,7,9**	**Beef Rogan Josh** Tender slow-cooked beef, in a rich Kashmiri-style spicy tomato sauce, served with fragrant rice, raita & naan bread **1**	**The Nourish Chippy:** Fish, meat & vegetarian options  **See catering staff for allergens**
Rooted the veg one	**Southern-Style Quorn Hot Dog** Served with Cajun beans, potato wedges & crunchy fresh coleslaw **1,5,6,7,9,12 V**	**Vegetarian Cottage Pie** Topped with creamy mashed potato, served with honey-roasted carrots **V**	**Grilled Cauliflower Steak** Served with roast trimmings **1,3,6,7,9 V**	**Onion Bhaji & Vegetable Samosas** served with fragrant rice & cooling raita **1,5,6 VG**	
CIAO! Pasta	**Freshly Prepared Pasta Pots Available Every Day** Featuring classics of Tomato & Basil **1 VG**, Macaroni Cheese **1,3,7 V** Meatball Marinara **1**, Creamy Garlic Chicken **1,3,7** & Green Pesto **1 VG**				
EZ ST. STREET	Popcorn Chicken **1,2,3,4,5,6,7,8,9,12**	Cheesy Jalapeno Bites **1,3,4,6,7,9,12 V**	Chicken Yakitori Noodles **1,3**	Loaded Hash Browns **1,7,9 V**	**Chef Special** See catering staff for allergens
DESSERT	Raspberry & White Chocolate Muffin **1,3,7,9**	Chocolate Beetroot Cake **1,3 VG**	No Waste Banana Cake **1,3,7,9 V**	Biscoff Sponge **1,3 VG**	Fruit/Jelly/ Yoghurt Pots

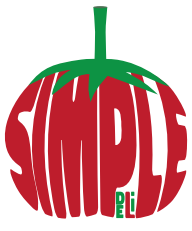
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