

APRIL TO
OCTOBER 2026

NOURISH



GLUTEN FREE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

13 April
4 May
1 June
22 June
13 July
31 August
21 September
12 October

Beef Bolognese on half a Jacket
Jackets with a Choice of Toppings 7,8,9

Seasonal Vegetables

Ice Cream 7
Fruit Pots VG

Chick Pea & Spinach Biryani VG
Jackets with a Choice of Toppings 7,8,9

Carrots
Mixed Peppers
Fruit & Custard 7
Fruit Pots VG

Roast Gammon & Gravy
Meatfree Meatballs & Gravy 6 VG
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes
Cabbage
Swede

Fruit Jelly VG
Yoghurt 3,7, Fruit Pots VG

Chicken Korma
Jackets with a Choice of Toppings 7,8,9

Rice
Green Beans
Carrots

Yoghurt 3,7
Fruit Pots VG

Gluten Free Battered Fish 8
Jackets with a Choice of Toppings 7,8,9

Chips
Sweetcorn & Peas
Coleslaw 9

Yoghurt 3,7
Fruit Pots VG

WEEK TWO

20 April
11 May
8 June
29 June
20 July
7 September
28 September
19 October

Vegetable Burger 6 VG
Jackets with a Choice of Toppings 7,8,9

Rice,
Carrots,
Peas

Fruit & Custard 7
Fruit Pots VG

Minced Beef Curry
Jackets with a Choice of Toppings 7,8,9

Rice
Seasonal Vegetables

Jelly VG
Fruit Pots VG

Roast Chicken & Gravy
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes
Broccoli
Carrots

Yoghurt 3,7
Fruit Pots VG

Gluten Free Battered Fish 8
Jackets with a Choice of Toppings 7,8,9

Chips,
Peas,
Grated Carrot

Yoghurt 3,7
Fruit Pots VG

WEEK THREE

27 April
18 May
15 June
6 July
14 September
5 October

Mild Chilli Beef
Jackets with a Choice of Toppings 7,8,9

Rice
Peas
Mixed Peppers

Fruit & Custard 7
Fruit Pots VG

Chicken Stew
Vegetable Stir Fry VG
Jackets with a Choice of Toppings 7,8,9

Crushed Potatoes
Seasonal Vegetables

Ice Cream 7
Fruit Pots VG

BRUNCH
Gluten Free Sausage 6
Or Homemade Vegetable Sausage VG
Jackets with a Choice of Toppings 7,8,9

Brunch Hash Potatoes
Baked Beans
Mushrooms & Tomatoes

Fruit Jelly VG
Yoghurt 3,7, Fruit Pots VG

Gluten Free Battered Fish 8
Jackets with a Choice of Toppings 7,8,9

Chips,
Peas, Baked Beans
Cucumber Sticks

Yoghurt 3,7,
Fruit Pots VG

Loaded Cajun Bean Wedges VG
Jackets with a Choice of Toppings 7,8,9

Sweetcorn
Coleslaw 9

Yoghurt 3,7
Fruit Pots VG

91/2 GF

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 VG Vegan V Vegetarian

Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

AVAILABLE
DAILY

