

APRIL TO
OCTOBER 2026
NOURISH



DAIRY FREE MENU



MONDAY

WEEK ONE

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

Beef Bolognese Pasta **1**
Jackets with Beans or Tuna
Mayonnaise **8,9**

Seasonal Vegetables

Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

TUESDAY

Chickpea & Spinach Biryani **VG**
Jackets with Beans or Tuna Mayonnaise
8,9

Carrots
Mixed Peppers

Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

WEDNESDAY

Roast Chicken & Gravy
Vegetable Sausage **1 VG**
Jackets with Beans or Tuna Mayonnaise
8,9

Rustic Roast Potatoes
Cabbage
Swede

Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

THURSDAY

Chicken Korma
Herby Tomato Pasta **1 VG**
Jackets with Beans or Tuna Mayonnaise
8,9

Rice
Green Beans
Carrots

Chocolate Orange Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

FRIDAY

Fish Fingers **1,8**
Jackets with Beans or Tuna Mayonnaise
8,9

Chips
Peas & Baked Beans

Lemon Drizzle Biscuit **1,6 VG**
Fruit Pots **VG**

WEEK TWO

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

Vegetable Burger in a Bun **1,5,6 VG**
Jackets with Beans or Tuna
Mayonnaise **8,9**

Baked Wedges,
Carrots,
Peas

Honey Cake **1**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Beef Noodles **1**
Tomato & Sweetcorn Pasta **1 VG**
Jackets with Beans or Tuna Mayonnaise
8,9

Rice
Seasonal Vegetables

Jelly **VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Roast Gammon & Gravy
Meatfree Meatballs & Gravy **6 VG**
Jackets with Beans or Tuna Mayonnaise
8,9

Rustic Roast Potatoes
Broccoli
Carrots

Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Chicken Fajita **1**
Tomato Spaghetti **1 VG**
Jackets with Beans or Tuna Mayonnaise
8,9

Rice
Tomato Salsa
Green Beans

Carrot & Orange Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Salmon Fish Cake **1,8**
Jackets with Beans or Tuna Mayonnaise
8,9

Chips
Peas & Baked Beans

Oaty Biscuit **1,15 VG**
Fruit Pots **VG**

WEEK THREE

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

Mild Chilli Beef
Tomato & Herb Penne Pasta **1 VG**
Jackets with Beans or Tuna
Mayonnaise **8,9**

Rice
Peas
Mixed Peppers

Jam Roly Poly **1,6 VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Sausage **1,3,6**
Vegetable Sausage **1 VG**
Jackets with Beans or Tuna Mayonnaise
8,9

Mashed Potatoes
Baked Beans

Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Roast Chicken & Gravy
Samosa Puff **1 VG**
Jackets with Beans or Tuna Mayonnaise
8,9

Rustic Roast Potatoes
Seasonal Vegetables

Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Loaded Cajun Bean Wedges **VG**
Jackets with Beans or Tuna Mayonnaise
8,9

Sweetcorn

Sultana Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Fish Fingers **1,8**
Jackets with Beans or Tuna Mayonnaise
8,9

Chips,
Peas & Baked Beans

Fruit Pots **VG**

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.