

APRIL TO
OCTOBER 2026
NOURISH



GLUTEN FREE



MONDAY

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**

TUESDAY

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

Carrots
Peas

Jelly **VG**
Fruit Pots **VG**

WEDNESDAY

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

Rustic Roast Potatoes
Cabbage
Swede

Fruit Jelly **VG**
Yoghurt **3,7**, Fruit Pots **VG**

THURSDAY

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

Rice
Green Beans
Carrots

Yoghurt **3,7**
Fruit Pots **VG**

FRIDAY

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

Chips
Peas
Baked Beans

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 (**no bun**) **6 VG**
Jackets with a Choice of Toppings **7,8,9**
Baked Wedges

Carrots & Peas

Fruit & Custard **7**
Fruit Pots **VG**

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

Rice
Seasonal Vegetables

Jelly **VG**
Fruit Pots **VG**

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

Rustic Roast Potatoes
Broccoli
Carrots

Yoghurt **3,7**
Fruit Pots **VG**

Mexican Chicken
Jackets with a Choice of Toppings **7,8,9**

Rice
Tomato Salsa
Green Beans

Yoghurt **3,7**
Fruit Pots **VG**

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

Chips,
Peas,
Baked Beans

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**

Gluten Free Sausage **3,6**
Jackets with a Choice of Toppings **7,8,9**

Mashed Potatoes
Baked Beans

Ice Cream **7**
Fruit Pots **VG**

Roast Chicken & Gravy
Jackets with a Choice of Toppings **7,8,9**
Rustic Roast Potatoes
Seasonal Vegetables

Fruit Jelly **VG**
Yoghurt **3,7**, Fruit Pots **VG**

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

Sweetcorn

Yoghurt **3,7**
Fruit Pots **VG**

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

Chips,
Peas, Baked Beans

Yoghurt **3,7**,
Fruit Pots **VG**

Pri3 GF

AVAILABLE
DAILY

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.

