

APRIL TO  
OCTOBER 2026

NOURISH



# GLUTEN FREE

& DAIRY FREE

## MONDAY

Beef Bolognese on half a Jacket  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Seasonal Vegetables  
Jelly **VG**  
Fruit Pots **VG**

## TUESDAY

Chick Pea & Spinach Biryani **VG**  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Carrots  
Peas  
Jelly **VG**  
Fruit Pots **VG**

## WEDNESDAY

Roast Chicken & Gravy  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Rustic Roast Potatoes  
Cabbage  
Swede  
Fruit Jelly **VG**  
Fruit Pots **VG**

## THURSDAY

Chicken Korma  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Rice  
Green Beans  
Carrots  
Jelly **VG**  
Fruit Pots **VG**

## FRIDAY

Gluten Free Battered Fish **8**  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Chips  
Peas  
Baked Beans  
Jelly **VG**  
Fruit Pots **VG**

## WEEK ONE

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

## WEEK TWO

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

## WEEK THREE

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

Vegetable Burger (no bun) **6 VG**  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Baked Wedges  
Carrots & Peas  
Jelly **VG**  
Fruit Pots **VG**

Sweet Chilli Beef  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Rice  
Seasonal Vegetables  
Jelly **VG**  
Fruit Pots **VG**

Roast Gammon & Gravy  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Rustic Roast Potatoes  
Broccoli  
Carrots  
Jelly **VG**  
Fruit Pots **VG**

Mexican Chicken  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Rice  
Tomato Salsa  
Green Beans  
Jelly **VG**  
Fruit Pots **VG**

Gluten Free Battered Fish **8**  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Chips,  
Peas,  
Baked Beans  
Jelly **VG**  
Fruit Pots **VG**

Mild Chilli Beef  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Rice  
Peas  
Mixed Peppers  
Jelly **VG**

Gluten Free Sausage **3,6**  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Mashed Potatoes  
Baked Beans

Roast Chicken & Gravy  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Rustic Roast Potatoes  
Seasonal Vegetables  
Fruit Jelly **VG**  
Fruit Pots **VG**

Loaded Cajun Bean Wedges **VG**  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

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

Gluten Free Battered Fish **8**  
Jackets with a Choice of Toppings **8,9**  
**No Cheese**

Chips,  
Peas, Baked Beans  
Jelly **VG**  
Fruit Pots **VG**

1 Wheat **Fruit Pots VG** 2 Mustards **VG** 3 Soybean **4** 4 Mustard **VG** 5 Sesame **6** 6 Sulphites/Sulphur Dioxide **7** Milk **8** Fish **9** Egg **Fruit Pots VG**  
10 Peanuts **11** Molluscs **12** Celeriac/Celery **13** Nuts **14** Lupins **15** Oat **16** Barley **17** Gluten **VG** **18** 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

