APRIL TO OCTOBER 2025

WEEKLY MENU

NOURISH GROW WITH US

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 21ST APRIL 12TH MAY 9TH JUNE 30TH JUNE 21ST JULY 1ST SEPTEMBER 22ND SEPTEMBER 13TH OCTOBER	Mild Chilli Beef Tomato & Herb Penne Pasta **1 VG** Jacket with a Choice Of Toppings **7,8,9** Rice, Mixed Peppers, Peas Jammy Finger **1,6 VG** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Chicken Pesto Pasta Shells **1,7** Rice & Bean Burrito & Wedges **1 VG** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Ice Cream **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Chicken Sausage Roll & Gravy **1,6** Vegetable Sausage & Gravy **VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes, Green Beans, Carrots Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Margherita Pizza **1,3,7 V** Loaded Cajun Bean Wedges **VG** Jackets with a Choice of Toppings **7,8,9** Rainbow Pasta **1,** Sweetcorn, Coleslaw **9** Sultana Cake **1VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Fish Fingers **1,8** or Salmon Fish Cake **1,7,8** Cheese & Tomato Pinwheel **1,7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Baked Beans, Cucumber Caramel Cookie **1,7** Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 28TH APRIL 19TH MAY 16TH JUNE 7TH JULY 8TH SEPTEMBER 29TH SEPTEMBER 20TH OCTOBER	Vegetable Nuggets with Katsu Sauce **1VG** Onion Bhajis with Katsu Sauce **VG** Jackets with a Choice of Toppings **7,8,9** Rainbow Rice, Carrots, Peas Vanilla Sponge **1VG** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Beef & Onion Pie **1** Cheesy Pasta Twists **1,7 V** Jackets with a Choice of Toppings **7,8,9** Crushed Potatoes Seasonal Vegetables Chocolate & Mandarin Mousse **7,3** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Roasted Vegetable Hot Pot **VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes or Jollof Rice Broccoli, Carrots Cornflake Cookie **1,3,7,16** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	BBQ Pulled Chicken Loaded Wedges Tomato Spaghetti **1 VG** Jackets with a Choice of Toppings **7,8,9** Cauliflower, Coleslaw **9** Spiced Apple Focaccia **1,3 VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Tuna Penne Pasta **1,7,8** Margherita Pizza **1,3,7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Grated Carrot Oaty Biscuit **1,15 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK THREE 5TH MAY 2ND JUNE 23rd JUNE 14TH JULY 15TH SEPTEMBER 6TH OCTOBER	Beef Bolognaise Pasta Shells **1** Cheese & Pesto Swirl **1,7 V** Jackets with a Choice of Toppings **7,8,9** Baked Wedges Seasonal Vegetables Ice Cream **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Caribbean Chicken Curry Herby Tomato Penne Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Rice, Green Beans, Carrots Peach Sponge **1VG** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Samosa Puff **1 VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes or Jollof Rice, Cabbage, Swede Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Macaroni Cheese **1,7 V** Coconut & Spinach Biryani **6 VG** Jackets with a Choice of Toppings **7,8,9** Cauliflower, Mixed Peppers Chocolate Cake **1 VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Chicken Bites **1** Cheese & Cauliflower Nuggets **7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Sweetcorn, Coleslaw **9** Ginger Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**

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

NP3 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.

WE ♥ VEGGIES

APRIL TO OCTOBER 2025

NOURISH GROW WITH US

GLUTEN FREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 21ST APRIL 12TH MAY 9TH JUNE 30TH JUNE 21ST JULY 1ST SEPTEMBER 22ND SEPTEMBER 13TH OCTOBER	Mild Chilli Beef Jacket with a Choice Of Toppings **7,8,9** Rice, Mixed Peppers, Peas Custard **7** Fruit Pots **VG**	Rice & Bean Biryani **VG** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Ice Cream **7** Fruit Pots **VG**	Vegetable Sausage & Gravy **VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes, Green Beans, Carrots Fruit Jelly **VG** 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**	Gluten Free Battered Fish **8** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Baked Beans, Cucumber Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 28TH APRIL 19TH MAY 16TH JUNE 7TH JULY 8TH SEPTEMBER 29TH SEPTEMBER 20TH OCTOBER	Onion Bhajis with Katsu Sauce **VG** Jackets with a Choice of Toppings **7,8,9** Rainbow Rice, Carrots, Peas Custard **7** Fruit Pots **VG**	Savoury Beef Jackets with a Choice of Toppings **7,8,9** Crushed Potatoes Seasonal Vegetables Chocolate & Mandarin Mousse **7** Fruit Pots **VG**	Roast Chicken & Gravy Roasted Vegetable Hot Pot **VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Broccoli, Carrots Yoghurt **3,7**, Fruit Pots **VG**	BBQ Pulled Chicken Loaded Wedges Jackets with a Choice of Toppings **7,8,9** Cauliflower, Coleslaw **9** 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 5TH MAY 2ND JUNE 23rd JUNE 14TH JULY 15TH SEPTEMBER 6TH OCTOBER	Pork & Beef Bolognaise on half a Jacket Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Ice Cream **7** Fruit Pots **VG**	Caribbean Chicken Curry Jackets with a Choice of Toppings **7,8,9** Rice, Green Beans, Carrots Custard **7** Fruit Pots **VG**	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**	Coconut & Spinach Biryani **VG** Jackets with a Choice of Toppings **7,8,9** Cauliflower, Mixed Peppers Yoghurt **3,7**, Fruit Pots **VG**	Gluten Free Battered Fish **8** Cheese & Cauliflower Nuggets **7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Sweetcorn, Coleslaw **9** Yoghurt **3,7**, Fruit Pots **VG**

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.

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APRIL TO OCTOBER 2025

NOURISH GROW WITH US

DAIRY FREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 21ST APRIL 12TH MAY 9TH JUNE 30TH JUNE 21ST JULY 1ST SEPTEMBER 22ND SEPTEMBER 13TH OCTOBER	Mild Chilli Beef Tomato & Herb Penne Pasta **1 VG** Jacket with Baked Beans Rice, Mixed Peppers, Peas Jammy Finger **1,6 VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Rice & Bean Burrito **1 VG** Jacket with Baked Beans Seasonal Vegetables Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Chicken Sausage Roll & Gravy **1,6** Vegetable Sausage & Gravy **VG** Jacket with Baked Beans Rustic Roast Potatoes, Green Beans, Carrots Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Loaded Cajun Bean Wedges **VG** Jacket with Baked Beans Sweetcorn, Coleslaw **9** Sultana Cake **1VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Fish Fingers **1,8** Jacket with Baked Beans Chips, Peas, Baked Beans, Cucumber Fruit Pots **VG**
WEEK TWO 28TH APRIL 19TH MAY 16TH JUNE 7TH JULY 8TH SEPTEMBER 29TH SEPTEMBER 20TH OCTOBER	Vegetable Nugget with Katsu Sauce **1VG** Onion Bhajis with Katsu Sauce **1 VG** Jacket with Baked Beans Rainbow Rice, Carrots, Peas Vanilla Sponge **1VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Beef & Onion Pie **1** Jacket with Baked Beans Crushed Potatoes Seasonal Vegetables Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Roasted Vegetable Hot Pot **VG** Jacket with Baked Beans Rustic Roast Potatoes Broccoli, Carrots Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	BBQ Pulled Chicken Loaded Wedges Tomato Spaghetti **1 VG** Jacket with Baked Beans Cauliflower, Coleslaw **9** Spiced Apple Focaccia **1,3 VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Fish Finger 1,8 Jacket with Baked Beans Chips, Peas, Grated Carrot Oaty Biscuit **1,15 VG** Fruit Pots **VG**
WEEK THREE 5TH MAY 2ND JUNE 23rd JUNE 14TH JULY 15TH SEPTEMBER 6TH OCTOBER	Beef Bolognaise Pasta Shells **1** Jacket with Baked Beans Seasonal Vegetables Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Caribbean Chicken Curry Herby Tomato Penne Pasta **1 V** Jacket with Baked Beans Rice, Green Beans, Carrots Peach Sponge **1VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Samosa Puff **1 VG** Jacket with Baked Beans Rustic Roast Potatoes, Cabbage, Swede Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Coconut & Spinach Biryani **VG** Jacket with Baked Beans Cauliflower, Mixed Peppers Chocolate Cake **1 VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Chicken Bites **1** Jacket with Baked Beans Chips, Peas, Sweetcorn, Coleslaw **9** Ginger Biscuit **1 VG** Fruit Pots **VG**

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

NP 3 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.