APRIL TO OCTOBER 2026

NOURISH

DAIRY FREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 13 April 4 May 1 June 22 June 13 July 31 August 21 September 12 October	Beef Bolognaise Pasta **1** Jackets with Beans or Tuna Mayonnaise **8,9** Seasonal Vegetables Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Chick Pea & Spinach Biryani **VG** Jackets with Beans or Tuna Mayonnaise **8,9** Carrots Mixed Peppers Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Meatfree Meatballs & Gravy **6 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**	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**	Fish Fingers **1,8** Jackets with Beans or Tuna Mayonnaise **8,9** Chips Sweetcorn & Peas Coleslaw **9** 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**	Keema Curry Jackets with Beans or Tuna Mayonnaise **8,9** Rice Seasonal Vegetables Jelly **VG** 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 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, Grated Carrot 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**	Chicken Pie **1** Vegetable Stir Fried Noodles **1 VG** Jackets with Beans or Tuna Mayonnaise **8,9** Crushed Potatoes Seasonal Vegetables Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	**BRUNCH** Chicken Sausage **1,3,6** **Or** Vegetable Sausage **1 VG** Jackets with Beans or Tuna Mayonnaise **8,9** Brunch Hash Potatoes Baked Beans Mushrooms & Tomatoes Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Loaded Cajun Bean Wedges **VG** Jackets with Beans or Tuna Mayonnaise **8,9** Rainbow Rice Sweetcorn Coleslaw **9** 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 Cucumber Sticks Fruit Pots **VG**

Primary SNP DF

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

AVAILABLE DAILY

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.