

APRIL TO
OCTOBER 2026

GROW WITH US
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 Gammon & 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

Minced Beef 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
Pork Sausage & Bacon 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

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.