

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 Bolognaise 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
Mixed Peppers

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

WEDNESDAY

Roast Gammon & Gravy
Meatfree Meatballs & Gravy **6 VG**
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
Sweetcorn & Peas
Coleslaw **9**

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 **6 VG**
Jackets with a Choice of Toppings **7,8,9**

Rice,
Carrots,
Peas

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

Minced Beef Curry
Jackets with a Choice of Toppings **7,8,9**

Rice
Seasonal Vegetables

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

Roast Chicken & 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,
Grated Carrot

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**

Chicken Stew
Vegetable Stir Fry **VG**
Jackets with a Choice of Toppings **7,8,9**

Crushed Potatoes
Seasonal Vegetables

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

BRUNCH
Gluten Free Sausage **6**
Or Homemade Vegetable Sausage **VG**
Jackets with a Choice of Toppings **7,8,9**

Brunch Hash Potatoes
Baked Beans
Mushrooms & Tomatoes

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 Sticks

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

Tri3 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.

