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**	Chickpea & 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 Vegetable Sausage **1 VG** Jackets with Beans or Tuna Mayonnaise **8,9** Rustic Roast Potatoes Seasonal Vegetables 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 Peas & Baked Beans 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	Jackets with Beans or Tuna Mayonnaise **8,9** Carrots, Peas Honey Cake **1** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Beef Noodles **1** Tomato & Sweetcorn Pasta **1 VG** Jackets with Beans or Tuna Mayonnaise **8,9** Rice Seasonal Vegetables Jelly **VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Gammon & Gravy Jackets with Beans or Tuna Mayonnaise **8,9** Rustic Roast Potatoes Seasonal Vegetables 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 & Baked Beans 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**	Sausage **1,3,6** Vegetable Sausage **1 VG** Jackets with Beans or Tuna Mayonnaise **8,9** Mashed Potatoes Baked Beans Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Jackets with Beans or Tuna Mayonnaise **8,9** Rustic Roast Potatoes Seasonal Vegetables Jelly **VG** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Loaded Cajun Bean Wedges **VG** Jackets with Beans or Tuna Mayonnaise **8,9** Sweetcorn 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 Fruit Pots **VG**

Primary 3 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