APRIL TO OCTOBER 2026

NOURISH

GLUTEN FREE

	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 on half a Jacket Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Ice Cream **7** Fruit Pots **VG**	ChickPea & Spinach Biryani **VG** Jackets with a Choice of Toppings **7,8,9** Carrots Peas Jelly **VG** Fruit Pots **VG**	Roast Chicken & Gravy Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Seasonal Vegetables Jelly **VG** Yoghurt **3,7**, Fruit Pots **VG**	Chicken Korma Jackets with a Choice of Toppings **7,8,9** Rice Green Beans Carrots Yoghurt **3,7** Fruit Pots **VG**	Gluten Free Battered Fish **8** Jackets with a Choice of Toppings **7,8,9** Chips Peas Baked Beans Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 20 April 11 May 8 June 29 June 20 July 7 September 28 September 19 October	Jackets with a Choice of Toppings **7,8,9** Carrots & Peas Fruit & Custard **7** Fruit Pots **VG**	Sweet Chilli Beef Jackets with a Choice of Toppings **7,8,9** Rice Seasonal Vegetables Jelly **VG** Fruit Pots **VG**	Roast Gammon & Gravy Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Seasonal Vegetables 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, Baked Beans 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**	Gluten Free Sausage **3,6** Jackets with a Choice of Toppings **7,8,9** Mashed Potatoes Baked Beans Ice Cream **7** Fruit Pots **VG**	Roast Chicken & Gravy Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Seasonal Vegetables Jelly **VG** Yoghurt **3,7**, Fruit Pots **VG**	Loaded Cajun Bean Wedges **VG** Jackets with a Choice of Toppings **7,8,9** Sweetcorn Yoghurt **3,7** Fruit Pots **VG**	Gluten Free Battered Fish **8** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Baked Beans Yoghurt **3,7**, Fruit Pots **VG**

Pri3 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.