

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 Chicken & 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

BBQ Pulled Pork Loaded Wedges  
Sweet Potato & Lentil Curry &  
Wedges **VG**  
Jackets with a Choice of Toppings **7,8,9**

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**

Baked Wedges  
Carrots,  
Peas

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

Meatballs in Tomato Sauce  
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  
Broccoli  
Carrots

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

Mexican Chicken  
Mexican Vegetable & Bean **VG**  
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  
Bean Chilli **VG**  
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**

Free 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.

