

APRIL TO  
OCTOBER 2026

SHOW WITH US  
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**

Chick Pea & Spinach Biryani **VG**

Carrots  
Mixed Peppers

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

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**

Chicken Korma  
Sweet Potato & Lentil Curry **VG**

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  
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**

Keema Curry  
Sweet & Sour Vegetables **VG**

Rice  
Seasonal Vegetables

Jelly & Custard **7**  
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**

Stir Fried Chicken  
Vegetable & Bean Stir Fry **VG**

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**

Crushed Potatoes  
Seasonal Vegetables

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

**BRUNCH**  
Homemade Vegetable Sausages **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**

Rainbow Rice  
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**

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.

AVAILABLE  
DAILY

Jacket/PastaNP

