APRIL TO OCTOBER 2026

NOURISH

SPRING INTO SUMMER 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** Cheese & Pesto Swirl **1,7 V** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Baked Wedges Seasonal Vegetables Ice Cream **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Macaroni Cheese **1,7 V** Chick Pea & Spinach Biryani **VG** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Carrots Mixed Peppers Toffee Tart **1,7** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Meatfree Meatballs & Gravy **6 VG** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Cabbage Swede Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	BBQ Pulled Pork Loaded Wedges Sweet Potato & Lentil Curry & Wedges **VG** Herby Tomato Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Green Beans Carrots Chocolate Orange Cake **1 VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Fish Fingers **1,8** Wrap Stack **1,7 V** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Chips Sweetcorn & Peas Coleslaw **9** Lemon Drizzle Biscuit **1,6 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 20 April 11 May 8 June 29 June 20 July 7 September 28 September 19 October	Cheesy Cauliflower Pasta **1,7 V** Vegetable Burger in a Bun **1,5,6 VG** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Baked wedges Carrots Peas Honey Cake **1** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Meatballs in Tomato Sauce Pesto & Pea Pasta **1 VG** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Rice Seasonal Vegetables Summer Trifle **1,7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Gammon & Gravy Samosa Puff **1 VG** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Broccoli Carrots Cornflake Cookie **1,7,16** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Chicken Fajita **1** Vegetable & Bean Fajita **1VG** Tomato Spaghetti **1 VG** Jackets with a Choice of Toppings **7,8,9** Rice Tomato Salsa Green Beans Carrot & Orange Cake **1 VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Margherita Pizza **1,3,7 V** Salmon Fish Cake **1,8** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Grated Carrot Oaty Biscuit **1,15 VG** 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 Tomato & Herb Penne Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Rice Peas Mixed Peppers Jam Roly Poly **1,6 VG** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Chicken Pie **1** Vegetable Stir Fried Noodles **1 VG** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Crushed Potatoes Seasonal Vegetables Ice Cream **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Pork Sausage **1,3,6** **Or** Vegetable Sausage **1 VG** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Brunch Hash Potatoes Baked Beans Mushrooms & Tomatoes Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Margherita Pizza **1,3,7 V** Loaded Cajun Bean Wedges **VG** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Rainbow Rice Sweetcorn Coleslaw **9** Sultana Cake **1 VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Fish Fingers **1,8** Cheese & Bean Parcel **1,7 V** Tomato Pasta **1VG** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Baked Beans Cucumber Sticks Caramel Cookie **1,7 V** Yoghurt **3,7**, Fruit Pots **VG**

Stour

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