APRIL TO OCTOBER 2026

NOURISH

# SPRING INTO SUMMER MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| **WEEK ONE**<br>13 April<br>4 May<br>1 June<br>22 June<br>13 July<br>31 August<br>21 September<br>12 October | Beef Bolognaise Pasta **1**<br>Cheese & Pesto Swirl **1,7 V**<br>Jackets with a Choice of Toppings **7,8,9**<br><br>Baked Wedges<br>Seasonal Vegetables<br><br>Ice Cream **7**<br>Mr Nourish Biscuit **1 VG**<br>Fruit Pots **VG** | Macaroni Cheese **1,7 V**<br>Chick Pea & Spinach Biryani **VG**<br>Tomato & Sweetcorn Pasta **1 VG**<br><br>Carrots<br>Mixed Peppers<br><br>Toffee Tart **1,7** & Custard **7**<br>Mr Nourish Biscuit **1 VG**<br>Fruit Pots **VG** | Roast Chicken & Gravy<br>Meatfree Meatballs & Gravy **6 VG**<br>Jackets with a Choice of Toppings **7,8,9**<br><br>Rustic Roast Potatoes or Jollof Rice<br>Cabbage<br>Swede<br><br>Fruit Jelly **VG**<br>Mr Nourish Biscuit **1 VG**<br>Yoghurt **3,7**, Fruit Pots **VG** | Chicken Korma<br>Sweet Potato & Lentil Curry **VG**<br>Herby Tomato Pasta **1 VG**<br><br>Rice<br>Green Beans<br>Carrots<br><br>Chocolate Orange Cake **1 VG**<br>Mr Nourish Biscuit **1 VG**<br>Yoghurt **3,7**, Fruit Pots **VG** | Fish Fingers **1,8**<br>Wrap Stack **1,7 V**<br>Jackets with a Choice of Toppings **7,8,9**<br><br>Chips<br>Sweetcorn & Peas<br>Coleslaw **9**<br><br>Lemon Drizzle Biscuit **1,6 VG**<br>Yoghurt **3,7**<br>Fruit Pots **VG** |
| **WEEK TWO**<br>20 April<br>11 May<br>8 June<br>29 June<br>20 July<br>7 September<br>28 September<br>19 October | Cheesy Cauliflower Pasta **1,7 V**<br>Vegetable Burger in a Bun **1,5,6 VG**<br>Jackets with a Choice of Toppings **7,8,9**<br><br>Baked Wedges<br>Carrots<br>Peas<br><br>Honey Cake **1** & Custard **7**<br>Mr Nourish Biscuit **1 VG**<br>Fruit Pots **VG** | Keema Curry<br>Sweet & Sour Vegetables **VG**<br>Pesto & Pea Pasta **1 VG**<br><br>Rice<br>Seasonal Vegetables<br><br>Summer Trifle **1,7**<br>Mr Nourish Biscuit **1 VG**<br>Fruit Pots **VG** | Roast Chicken & Gravy<br>Samosa Puff **1 VG**<br>Jackets with a Choice of Toppings **7,8,9**<br><br>Rustic Roast Potatoes or Jollof Rice<br>Broccoli<br>Carrots<br><br>Cornflake Cookie **1,7,16**<br>Mr Nourish Biscuit **1 VG**<br>Yoghurt **3,7**, Fruit Pots **VG** | Chicken Fajita **1**<br>Vegetable & Bean Fajita **1 VG**<br>Tomato Spaghetti **1 VG**<br><br>Rice<br>Tomato Salsa<br>Green Beans<br><br>Carrot & Orange Cake **1 VG**<br>Mr Nourish Biscuit **1 VG**<br>Yoghurt **3,7**, Fruit Pots **VG** | Salmon Fish Cake **1,8**<br>Margherita Pizza **1,3,7 V**<br>Jackets with a Choice of Toppings **7,8,9**<br><br>Chips,<br>Peas,<br>Grated Carrot<br><br>Oaty Biscuit **1,15 VG**<br>Yoghurt **3,7**<br>Fruit Pots **VG** |
| **WEEK THREE**<br>27 April<br>18 May<br>15 June<br>6 July<br>14 September<br>5 October | Mild Chilli Beef<br>Tomato & Herb Penne Pasta **1 VG**<br>Jackets with a Choice of Toppings **7,8,9**<br><br>Rice<br>Peas<br>Mixed Peppers<br><br>Jam Roly Poly **1,6 VG** & Custard **7**<br>Mr Nourish Biscuit **1 VG**<br>Fruit Pots **VG** | Chicken Pie **1**<br>Vegetable Stir Fried Noodles **1 VG**<br>Arrabiatta Pasta **1 VG**<br><br>Crushed Potatoes<br>Seasonal Vegetables<br><br>Ice Cream **7**<br>Mr Nourish Biscuit **1 VG**<br>Fruit Pots **VG** | **BRUNCH**<br>Chicken Sausage **1,3,6**<br>**Or** Vegetable Sausage **1 VG**<br>Jackets with a Choice of Toppings **7,8,9**<br><br>Brunch Hash Potatoes<br>Baked Beans<br>Mushrooms & Tomatoes<br><br>Fruit Jelly **VG**<br>Mr Nourish Biscuit **1 VG**<br>Yoghurt **3,7**, Fruit Pots **VG** | Margherita Pizza **1,3,7 V**<br>Loaded Cajun Bean Wedges **VG**<br>Cheesy Fusilli **1,7 V**<br><br>Rainbow Rice<br>Sweetcorn<br>Coleslaw **9**<br><br>Sultana Cake **1 VG**<br>Mr Nourish Biscuit **1 VG**<br>Yoghurt **3,7**, Fruit Pots **VG** | Fish Fingers **1,8**<br>Cheese & Bean Parcel **1,7 V**<br>Jackets with a Choice of Toppings **7,8,9**<br><br>Chips,<br>Peas, Baked Beans<br>Cucumber Sticks<br><br>Caramel Cookie **1,7 V**<br>Yoghurt **3,7**,<br>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