

NOVEMBER TO
MARCH 2027

NOURISH



GLUTEN FREE

BANG IN
SOME BEANS!
DISHS WITH ME NEXT
TO THEM CONTAIN BEANS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

2 November
23 November
14 December
18 January
8 February
8 March

Chicken Stew
Pesto & Pea GF Pasta **14 VG**
Jackets with a Choice of Toppings **7,8,9**

Crushed Potatoes
Cauliflower
Carrots

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

Beef Bolognese with GF Pasta **14**
Vegetable Chilli Skins **VG**
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

Bananas & Chocolate Custard **7**
Fruit Pots **VG**

Roast Gammon & Gravy
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes
Cabbage
Peas

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

Black Bean Jambalaya **VG**
Jackets with a Choice of Toppings **7,8,9**

Sweetcorn
Broccoli

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

Gluten Free Fillet of Fish **8**
Jackets with a Choice of Toppings **7,8,9**

Chips
Peas
Baked Beans
Carrot Sticks

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

WEEK TWO

9 November
30 November
4 January
25 January
22 February
15 March

BBQ Chicken
Pesto GF Pasta Bake **14 VG**
Jackets with a Choice of Toppings **7,8,9**

Rice
Carrots
Peas

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

Tomato & Broccoli GF Pasta **14 VG**
Buffalo Cauliflower Wings **VG**
Jackets with a Choice of Toppings **7,8,9**

Cheesy Wedges **7**
Seasonal Vegetables

Strawberry Panna Cotta Milky Jelly **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**

Beef Stew
Herby Tomato GF Pasta **14 VG**
Jackets with a Choice of Toppings **7,8,9**

Green Beans
Cauliflower

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

Gluten Free Fillet of Fish **8**
Jackets with a Choice of Toppings **7,8,9**

Chips
Peas
Baked Beans
Coleslaw **9**

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

WEEK THREE

16 November
7 December
11 January
1 February
1 March
22 March

Red Pepper & Bean Masala
& Rice **VG**
Jackets with a Choice of Toppings **7,8,9**

Cauliflower
Green Beans

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

Chinese Chicken **3**
Jackets with a Choice of Toppings **7,8,9**

Potato Wedges
Carrots
Peas

Caramel Mousse **7**
Fruit Pots **VG**

GF Pork Sausage **6**
Jackets with a Choice of Toppings **7,8,9**

Rustic Mashed Potatoes
Baked Beans
Broccoli

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

Savoury Minced Beef
Herby Tomato GF Pasta **14 VG**
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

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

Gluten Free Fillet of 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

Pri 3

