

APRIL TO
OCTOBER 2026
NOURISH



SPRING INTO SUMMER MENU



MONDAY

WEEK ONE

13 April
4 May
1 June
22 June
13 July
31 August
21 September
12 October

Beef Bolognese Pasta **1**
Cheese & Pesto Swirl **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Baked Wedges
Seasonal Vegetables

Ice Cream **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

TUESDAY

Chicken Korma
Sweet Potato & Lentil Curry **VG**
Herby Tomato Pasta **1 VG**

Rice
Green Beans
Carrots

Lemon Drizzle Biscuit **1,6 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

WEDNESDAY

Roast Gammon & Gravy
Meatfree Meatballs & Gravy **6 VG**
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**

THURSDAY

Macaroni Cheese **1,7 V**
Chick Pea & Spinach Biryani **VG**
Tomato & Sweetcorn Pasta **1 VG**

Carrots
Mixed Peppers

Toffee Tart **1,7** & Custard **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

FRIDAY

Fish Fingers **1,8**
Wrap Stack **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips
Sweetcorn & Peas
Coleslaw **9**

Chocolate Orange Cake **1 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**
Jackets with a Choice of Toppings **7,8,9**

Baked Wedges
Carrots
Peas

Oaty Biscuit **1,15 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Minced Beef Curry
Sweet & Sour Vegetables **VG**
Pesto & Pea Pasta **1 VG**

Rice
Seasonal Vegetables

Summer Trifle **1,7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Roast Chicken & Gravy
Samosa Puff **1 VG**
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 **1 VG**
Tomato Spaghetti **1 VG**

Rice
Tomato Salsa
Green Beans

Honey Cake **1** & Custard **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Salmon Fish Cake **1,8**
Margherita Pizza **1,3,7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips,
Peas,
Grated Carrot

Carrot & Orange Cake **1 VG**
Yoghurt **3,7**
Fruit Pots **VG**

WEEK THREE

27 April
18 May
15 June
6 July
14 September
5 October

Mild Chilli Beef
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**
Arrabiatta Pasta **1 VG**

Crushed Potatoes
Seasonal Vegetables

Ice Cream **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Pork Sausage **1,3,6**
Vegetable Sausage **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Mashed Potato
Baked Beans

Sultana Cake **1 VG**
Yoghurt **3,7**,
Fruit Pots **VG**

Margherita Pizza **1,3,7 V**
Loaded Cajun Bean Wedges **VG**
Cheesy Fusilli **1,7 V**

Rainbow Rice
Sweetcorn
Coleslaw **9**

Caramel Cookie **1,7 V**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Fish Fingers **1,8**
Cheese & Bean Parcel **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips,
Peas, Baked Beans
Cucumber Sticks

Fruit Jelly **VG**
Mr Nourish Biscuit **1 VG**
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.

SMSP

AVAILABLE
DAILY