

APRIL TO
OCTOBER 2025

NOURISH
GROW WITH US

DAIRY FREE MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

21ST APRIL
12TH MAY
9TH JUNE
30TH JUNE
21ST JULY
1ST SEPTEMBER
22ND SEPTEMBER
13TH OCTOBER

Mild Chilli Beef
Tomato & Herb Penne Pasta **1 VG**
Jacket with Baked Beans

Rice, Mixed Peppers, Peas

Jammy Finger **1,6 VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Chicken & Tomato Pasta Shells **1**
Jacket with Baked Beans

Seasonal Vegetables

Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Sausage Roll & Gravy **1,6**
Vegetable Sausage & Gravy **VG**
Jacket with Baked Beans

Rustic Roast Potatoes, Green Beans,
Carrots

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

Loaded Bean Wedges **VG**
Jacket with Baked Beans

Sweetcorn, Coleslaw **9**

Sultana Cake **1VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Fish Fingers **1,8**
Jacket with Baked Beans

Chips, Peas, Baked Beans,
Cucumber

Fruit Pots **VG**

WEEK TWO

28TH APRIL
19TH MAY
16TH JUNE
7TH JULY
8TH SEPTEMBER
29TH SEPTEMBER
20TH OCTOBER

Vegetable Nugget with Tomato Sauce
& Rainbow Rice **1VG**
Tomato & Sweetcorn Pasta **1 VG**
Jacket with Baked Beans

Carrots, Peas

Vanilla Sponge **1VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Minced Beef Pie **1**
Jacket with Baked Beans

Crushed Potatoes
Seasonal Vegetables

Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Roast Chicken & Gravy
Vegetable Pastry Puff **1 VG**
Jacket with Baked Beans

Rustic Roast Potatoes
Cabbage, Carrots

Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Pulled Pork Loaded Wedges
Tomato Spaghetti **1 VG**
Jacket with Baked Beans

Green Beans, Coleslaw **9**

Spiced Apple Focaccia **1,3 VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Fish Finger **1,8**
Jacket with Baked Beans

Chips, Peas, Grated Carrot

Oaty Biscuit **1,15 VG**
Fruit Pots **VG**

WEEK THREE

5TH MAY
2ND JUNE
23RD JUNE
14TH JULY
15TH SEPTEMBER
6TH OCTOBER

Bolognese Pasta Shells **1**
Jacket with Baked Beans

Seasonal Vegetables

Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Mild Chicken Curry
Herby Tomato Penne Pasta **1 V**
Jacket with Baked Beans

Rice, Green Beans, Carrots

Peach Sponge **1VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Sausages & Gravy **1,6**
Vegetable Sausage & Gravy **VG**
Jacket with Baked Beans

Rustic Roast Potatoes, Broccoli, Swede

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

Coconut & Spinach Biryani **VG**
Jacket with Baked Beans

Carrots, Mixed Peppers

Chocolate Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Fish Finger **1,8**
Vegetable Nuggets **1 VG**
Jacket with Baked Beans

Chips, Peas, Sweetcorn, Coleslaw **9**

Ginger Biscuit **1 VG**
Fruit Pots **VG**

AVAILABLE DAILY 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

Norfolk

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.

WE ♥ VEGGIES

