

APRIL TO
OCTOBER 2025

 **NOURISH**
GROW WITH US

WEEKLY MENU



MONDAY

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 a Choice Of Toppings **7,8,9**

Rice, Mixed Peppers, Peas

Jammy Finger **1,6 VG**
& Custard **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

TUESDAY

Chicken Pesto Pasta Shells **1,7**
Rice & Bean Burrito & Wedges **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

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

WEDNESDAY

Sausage Roll & Gravy **1,6**
Vegetable Sausage & Gravy **VG**
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes, Green Beans,
Carrots

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

THURSDAY

Margherita Pizza **1,3,7 V**
Loaded Cajun Bean Wedges **VG**
Jackets with a Choice of Toppings **7,8,9**

Rainbow Pasta **1**, Sweetcorn, Coleslaw **9**

Sultana Cake **1VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

FRIDAY

Fish Fingers **1,8** or
Salmon Fish Cake **1,7,8**
Cheese & Tomato Pinwheel **1,7 V**
Jackets with a Choice of Toppings **7,8,9**

Chips, Peas, Baked Beans,
Diced Cucumber

Caramel Cookie **1,7**
Yoghurt **3,7**
Fruit Pots **VG**

WEEK TWO

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

Vegetable Nugget with Katsu Sauce
1VG
Onion Bhajis with Katsu Sauce **VG**
Jackets with a Choice of Toppings **7,8,9**

Rainbow Rice, Carrots, Peas

Vanilla Sponge **1VG** & Custard **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Beef & Onion Pie **1**
Cheesy Pasta Twists **1,7 VG**
Jackets with a Choice of Toppings **7,8,9**

Crushed Potatoes
Seasonal Vegetables

Chocolate & Mandarin Mousse **7**
Mr Nourish Biscuit **1 VG**
Fruit Pots **VG**

Roast Gammon & Gravy
Roasted Vegetable Hot Pot **VG**
Jackets with a Choice of Toppings **7,8,9**

Rustic Roast Potatoes
Broccoli, Carrots

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

BBQ Pulled Pork Loaded Wedges
Tomato Spaghetti **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Cauliflower, Coleslaw **9**

Spiced Apple Focaccia **1,3 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Tuna Penne Pasta **1,7,8**
Margherita Pizza **1,3,7 V**
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

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

Pork & Beef Bolognaise Pasta Shells **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**

Caribbean Chicken Curry
Herby Tomato Penne Pasta **1 VG**
Jackets with a Choice of Toppings **7,8,9**

Rice, Green Beans, Carrots

Peach Sponge **1VG** & Custard **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, Cabbage, Swede

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

Macaroni Cheese **1,7 V**
Coconut & Spinach Biryani **VG**
Jackets with a Choice of Toppings **7,8,9**

Cauliflower, Mixed Peppers

Chocolate Cake **1 VG**
Mr Nourish Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

Chicken Bites **1**
Cheese & Cauliflower Nuggets **7 V**
Jackets with a Choice of Toppings **7,8,9**

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

Ginger Biscuit **1 VG**
Yoghurt **3,7**, Fruit Pots **VG**

**AVAILABLE
DAILY**
Primary 3

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.

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

WE ♥ VEGGIES

