

APRIL TO  
OCTOBER 2026

GROW WITH US  
NOURISH



# DAIRY FREE MENU



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK ONE

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

Beef Bolognese Pasta 1  
Jackets with Beans or Tuna  
Mayonnaise 8,9

Seasonal Vegetables

Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Chick Pea & Spinach Biryani VG  
Jackets with Beans or Tuna Mayonnaise  
8,9

Carrots  
Mixed Peppers

Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Roast Gammon & Gravy  
Meatfree Meatballs & Gravy 6 VG  
Jackets with Beans or Tuna Mayonnaise  
8,9

Rustic Roast Potatoes  
Cabbage  
Swede

Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Chicken Korma  
Herby Tomato Pasta 1 VG  
Jackets with Beans or Tuna Mayonnaise  
8,9

Rice  
Green Beans  
Carrots

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

Fish Fingers 1,8  
Jackets with Beans or Tuna Mayonnaise  
8,9

Chips  
Sweetcorn & Peas  
Coleslaw 9

Lemon Drizzle Biscuit 1,6 VG  
Fruit Pots VG

### WEEK TWO

20 April  
11 May  
8 June  
29 June  
20 July  
7 September  
28 September  
19 October

Vegetable Burger in a Bun 1,5,6 VG  
Jackets with Beans or Tuna  
Mayonnaise 8,9

Baked Wedges,  
Carrots,  
Peas

Honey Cake 1  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Minced Beef Curry  
Pesto & Pea Pasta 1VG  
Jackets with Beans or Tuna Mayonnaise  
8,9

Rice  
Seasonal Vegetables

Jelly VG  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Roast Chicken & Gravy  
Samosa Puff 1 VG  
Jackets with Beans or Tuna Mayonnaise  
8,9

Rustic Roast Potatoes  
Broccoli  
Carrots

Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Chicken Fajita 1  
Tomato Spaghetti 1 VG  
Jackets with Beans or Tuna Mayonnaise  
8,9

Rice  
Tomato Salsa  
Green Beans

Carrot & Orange Cake 1 VG  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Salmon Fish Cake 1,8  
Jackets with Beans or Tuna Mayonnaise  
8,9

Chips,  
Peas,  
Grated Carrot

Oaty Biscuit 1,15 VG  
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 Beans or Tuna  
Mayonnaise 8,9

Rice  
Peas  
Mixed Peppers

Jam Roly Poly 1,6 VG  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Chicken Pie 1  
Vegetable Stir Fried Noodles 1 VG  
Jackets with Beans or Tuna Mayonnaise  
8,9

Crushed Potatoes  
Seasonal Vegetables

Mr Nourish Biscuit 1 VG  
Fruit Pots VG

**BRUNCH**  
Pork Sausage & Bacon 1,3,6  
Or Vegetable Sausage 1 VG  
Jackets with Beans or Tuna Mayonnaise  
8,9

Brunch Hash Potatoes  
Baked Beans  
Mushrooms & Tomatoes

Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Loaded Cajun Bean Wedges VG  
Jackets with Beans or Tuna Mayonnaise  
8,9

Rainbow Rice  
Sweetcorn  
Coleslaw 9

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

Fish Fingers 1,8  
Jackets with Beans or Tuna Mayonnaise  
8,9

Chips,  
Peas, Baked Beans  
Cucumber Sticks

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.

Primary 3 DF

AVAILABLE  
DAILY