

NOVEMBER TO
MARCH 2026

 **NOURISH**
GROW WITH US



MONDAY

WEEK ONE

3 Nov
24 Nov
15 Dec
19 Jan
9 Feb
9 March
30 March

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

Crushed Potato
Cauliflower,
Carrots

Strawberry Mousse **7**
Fruit Pots **VG**

TUESDAY

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

Seasonal Vegetables

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

WEDNESDAY

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**

THURSDAY

Beef Bolognese on Wedges
Loaded Bean Chilli Wedges **VG**
Jackets with a Choice of Toppings **7,8,9**

Green Beans
Grated Carrots

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

FRIDAY

Gluten Free Battered Fish **8**
Vegetable Sausage **VG**
Jackets with a Choice of Toppings **7,8,9**

Chips,
Sweetcorn, Baked Beans
Cucumber Sticks

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

WEEK TWO

10 Nov
1 Dec
5 Jan
26 Jan
23 Feb
16 March

Caribbean Brown Chicken
Jackets with a Choice of Toppings **7,8,9**

Rice,
Carrots,
Peas

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

Buffalo Cauliflower Wings
& Wedges **VG**
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

Fruit & Custard **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
Jackets with a Choice of Toppings **7,8,9**

Cauliflower,
Green Beans

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

Homemade Salmon Bites **8**
Gluten Free Battered Fish **8**
Jackets with a Choice of Toppings **7,8,9**

Chips,
Peas,
Coleslaw **9**

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

WEEK THREE

17 Nov
8 Dec
12 Jan
2 Feb
2 March
23 March
27 Oct

Sweet Potato & Chick Pea Curry **VG**
Jackets with a Choice of Toppings **7,8,9**

Rice,
Green Beans,
Mixed Salad

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

Stir Fried Chicken, Vegetables & Rice
BBQ Vegetable Rice **VG**
Jackets with a Choice of Toppings **7,8,9**

Sweetcorn,
Peppers

Chocolate Rice Pudding **7**
Fruit Pots **VG**

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

Rustic Roast Potatoes,
Green Beans,
Carrots

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

Beef Cottage Pie
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

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

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

Chips,
Peas, Baked Beans,
Grated Carrot

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

Primary 3 GF

**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

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.

