

APRIL TO  
OCTOBER 2026

SPROW WITH US  
NOURISH



# GLUTEN FREE



## 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 on half a Jacket  
Jackets with a Choice of Toppings **7,8,9**

Seasonal Vegetables

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

Chick Pea & Spinach Biryani **VG**  
Jackets with a Choice of Toppings **7,8,9**

Carrots  
Peas

Jelly **VG**  
Fruit Pots **VG**

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

Rustic Roast Potatoes  
Cabbage  
Swede

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

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

Rice  
Green Beans  
Carrots

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

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

Chips  
Peas  
Baked Beans

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

### WEEK TWO

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

Vegetable Burger (no bun) **6 VG**  
Jackets with a Choice of Toppings **7,8,9**  
Baked Wedges

Carrots & Peas

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

Sweet Chilli Beef  
Jackets with a Choice of Toppings **7,8,9**

Rice  
Seasonal Vegetables

Jelly **VG**  
Fruit Pots **VG**

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

Rustic Roast Potatoes  
Broccoli  
Carrots

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

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

Rice  
Tomato Salsa  
Green Beans

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

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

Chips,  
Peas,  
Baked Beans

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

### WEEK THREE

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

Mild Chilli Beef  
Jackets with a Choice of Toppings **7,8,9**

Rice  
Peas  
Mixed Peppers

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

Gluten Free Sausage **3,6**  
Jackets with a Choice of Toppings **7,8,9**

Mashed Potatoes  
Baked Beans

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

Roast Chicken & Gravy  
Jackets with a Choice of Toppings **7,8,9**  
Rustic Roast Potatoes  
Seasonal Vegetables

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

Loaded Cajun Bean Wedges **VG**  
Jackets with a Choice of Toppings **7,8,9**

Sweetcorn

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

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

Chips,  
Peas, Baked Beans

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

Pri3 GF

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.

AVAILABLE  
DAILY

