



GLUTEN-FREE

Week 1

21/04/2025, 12/05/2025, 09/06/2025, 30/06/2025, 21/07/2025, 15/09/2025, 06/10/2025

Monday	 Tuesday 14 Allergen Free Day	Wednesday	Thursday	Friday
	Oven Baked Cutlet with Herby Diced Potatoes (VE)			GF Chipolata Sausages (VE) with Oven Baked Chips
Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Bolognaise Pasta Bake (VE) GF Pasta	Gluten-Free Roll with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V) or Cheese & Beans	Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)
Plain Chicken in a Gluten Free Bun with Wedges	BBQ Chicken with Herby Diced Potatoes	Lamb Filled Gluten-Free Wrap with Mint Mayo, Salad & 50/50 Rice	Margherita Pizza (Use Gluten-free Recipe) with Potato Dippers (V)	Gluten Free Fish Fingers with Oven Baked Chips
Broccoli	Green Beans & Cauliflower	Peas	Broccoli & Carrots	Peas & Sweetcorn
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Strawberry & Vanilla Mousse (V) or Fresh Fruit	Iced fruit Smoothies (VE) or Fruit Jelly (VE) (V) or Fresh Fruit	GF Sponge or Fresh Fruit (VE)	Fruit Jelly (VE), Fresh Fruit (VE)	Fresh Fruit (VE) GF Pineapple & Mango Muffin (V)
Gluten Free Wrap or Roll Fillings: Ham, Cheese, Tuna Mayo (Cold)				

Gluten Free Pizza Base (11306) Allergens: N/A
 Gluten Free Roll (01051) Allergens: EGG
 Gluten Free Wrap (11771) Allergens: N/A
 Gluten Free Pasta (10327u) Allergens: N/A

Gluten Free Flour Self Raising (01493)
 Gluten Free Flour Plain (01492)
 Gluten Free Fish Fingers 01652 - Allergens- Fish
 Violife Vegan Cheese (04070u) Allergens N/A



GLUTEN-FREE

Week 2

28/04/2025, 19/05/2025, 16/06/2025, 07/07/2025, 01/09/2025, 22/09/2025, 13/10/25

Monday	 Tuesday 14 Allergen Free Day	Wednesday	Thursday	Friday
Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato Pasta recipe)	Meatballs in a Rustic Tomato Sauce with 50/50 Rice (VE)		Vegetable Biryani (VE)	Loaded Chips topped with a Vegetable Keralan Curry (VE)
Gluten Free Fish Fingers with Potato Wedges	Katsu Vegetable Curry served on a Baked Jacket Potato (VE)	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Gluten-Free Roll with Ham, Cheese(V) or Tuna Mayo	Hot Cheesy Wrap Stack with Oven Baked Chips (V) (Use Gluten-Free Wraps)
	Sticky Chicken with 50/50 Rice	Spaghetti Bolognese (use Gluten Free Pasta)	Mini Sausages (VE) with Mash & Gravy	Gluten Free Fish Fingers with Oven Baked Chips
Broccoli	Carrots & Green Beans	Peas & Sweetcorn	Broccoli & Cauliflower	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Vanilla Ice Cream(V) Fresh Fruit	Iced fruit Smoothies (VE) or Fruit Jelly (VE) (V) or Fresh Fruit	GF Vanilla Sponge or Seasonal Fruit Platter (VE)	Fruit Jelly (VE) or Fresh Fruit (VE)	GF Orange Drizzle Cake or Fresh Fruit (VE))
Gluten Free Wrap or Roll Fillings: Ham, Cheese, Tuna Mayo (Cold)				

Gluten Free Pizza Base (11306) Allergens: N/A
 Gluten Free Roll (01051) Allergens: EGG
 Gluten Free Wrap (11771) Allergens: N/A
 Gluten Free Pasta (10327u) Allergens: N/A

Gluten Free Flour Self Raising (01493)
 Gluten Free Flour Plain (01492)
 Gluten Free Fish Fingers 01652 - Allergens- Fish
 Violife Vegan Cheese (04070u) Allergens N/A



GLUTEN-FREE

Week 3

05/05/2025, 02/06/2025, 23/06/2025, 14/07/2025, 08/09/2025, 29/09/2025, 20/10/25

Monday	Tuesday	 Wednesday 14 Allergen Free Day	Thursday	Friday
Burger in a GF Bun with Wedges (VE)		Tomato and Pesto Pasta (VE) (GF Pasta)		Mexican Style Burrito (VE) Use Gluten Free Wrap with Oven Baked Chips
Gluten-Free Wrap with Ham, Cheese(V) or Tuna Mayo with Potato Wedges	Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)	Sausage & Beans served on a Baked Jacket Potato (VE)	Jacket Potato with Beans(VE), Cheese(V) or Cheese & Beans	Gluten-Free Roll with Ham, Cheese(V) or Tuna Mayo with Potato Wedges
Beef Burger in a Gluten Free Bun with Wedges	Roasted Lemon & Herb Chicken with Roast Potatoes	Keralan Chicken Curry with 50/50 Rice (VE)	Margherita Pizza with Potato Dippers (Gluten-free pizza base & GF tomato sauce)(V)	Gluten Free Fish Fingers with Oven Baked Chips
Peas & Sweetcorn	Carrots & Cauliflower	Broccoli	Peas	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
GF Cookie (V) or Iced Fruit Smoothies (VE) or Fresh Fruit (VE)	Fruit Jelly (VE) or Fresh Fruit (VE)	Iced fruit Smoothies (VE) or Fruit Jelly (VE) (V) or Fresh Fruit	Fresh Fruit (VE) or Iced Fruit Smoothie(VE)	GF Vanilla Sponge with Custard or Fresh Fruit (VE)
Gluten Free Wrap or Roll Fillings: Ham, Cheese, Tuna Mayo (Cold)				

Gluten Free Pizza Base (11306) Allergens: N/A
Gluten Free Roll (01051) Allergens: EGG
Gluten Free Wrap (11771) Allergens: N/A
Gluten Free Pasta (10327u) Allergens: N/A

Gluten Free Flour Self Raising (01493)
Gluten Free Flour Plain (01492)
Gluten Free Fish Fingers 01652 - Allergens- Fish
Violife Vegan Cheese (04070u) Allergens N/A



DAIRY-FREE

Week 1

21/04/2025, 12/05/2025, 09/06/2025, 30/06/2025, 21/07/2025, 15/09/2025, 06/10/2025

Monday	 Tuesday 14 Allergen Free Day	Wednesday	Thursday	Friday
	Oven Baked Cutlet with Herby Diced Potatoes(VE)	Sausage Roll with Potato Wedges (VE)	Mince & Bel-Pepper Empanada with Potato Dippers (VE)	Quorn Sausages (VE) with Oven Baked Chips (VE)
Jacket Potato with Beans(VE), Cheese (Use the Violife Vegan Cheese) or Tuna Mayo	Bolognaise Pasta Bake (VE)	Freshly Baked Baguette with a Choice of Filling (White Baguette only)	Jacket Potato with Beans(VE), Cheese (Use the Violife Vegan Cheese)	Cheesy Tomato Pasta (VE) (Use Violife Vegan Cheese)
Crispy Chicken in a Bun with Potato Wedges (09745 or Plain Chicken thigh only)	BBQ Chicken with Herby Diced Potatoes(VE)	Lamb filled Naan with Mint Mayo, Salad & 50/50 Rice	Margherita Pizza with Pasta (Gluten-free pizza base & Violife Vegan Cheese)(VE)	Breaded Fish Fingers with Oven Baked Chips
Broccoli	Green Beans & Cauliflower	Peas	Broccoli & Carrots	Peas & Sweetcorn
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced fruit Smoothies (VE) or Fresh Fruit	Iced fruit Smoothies (VE) or Fruit Jelly (VE) (V) or Fresh Fruit	Zesty Sponge (V) or Fresh Fruit	Fruit Jelly (VE) or Seasonal Fruit Platter (VE)	Pineapple & Mango Muffin (V) or Fresh Fruit

Baguette Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)

Gluten Free Pizza Base (11306) Allergens: N/A

Gluten Free Roll (01051) Allergens: EGG

Gluten Free Wrap (11771) Allergens: N/A

Gluten Free Pasta (10327u) Allergens: N/A

Gluten Free Flour Self Raising (01493)

Gluten Free Flour Plain (01492)

Gluten Free Fish Fingers 01652 - Allergens- Fish

Violife Vegan Cheese (04070u) Allergens N/A



DAIRY-FREE

Week 2

28/04/2025, 19/05/2025, 16/06/2025, 07/07/2025, 01/09/2025, 22/09/2025, 13/10/25

Monday	 Tuesday 14 Allergen Free Day	Wednesday	Thursday	Friday
Quorn Dippers with Potato Wedges (VE)	Meatballs in a Rustic Tomato Sauce with 50/50 Rice (VE)	Sausage Roll with Potato Dippers (VE)	Vegetable Biryani (VE)	Loaded Chips topped with a Vegetable Keralan Curry (VE)
Cheesy Tomato Pasta (VE) (Use Vegan Cheese)	Katsu Vegetable Curry served on a Baked Jacket Potato (VE)	Jacket Potato with Beans(VE), Cheese (Use Vegan Cheese) or Tuna Mayo	Freshly Baked Baguette with a Choice of Filling (White Baguette only) Use Vegan Cheese	Hot Cheesy Wrap Stack with Oven Baked Chips (V) (Use Vegan Cheese)
	Sticky Chicken with 50/50 Rice	Spaghetti Bolognaise	British Pork Sausage with Mash (Simply Mash only) & Gravy	Breaded Fish Fingers with Oven Baked Chips
Broccoli	Carrots & Green Beans	Peas & Sweetcorn	Broccoli & Cauliflower	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced Fruit Smoothie (VE) or Fresh Fruit	Iced fruit Smoothies (VE) or Fresh Fruit or Fruit Jelly (VE)	GF Vanilla Sponge (V) or Seasonal Fruit Platter (VE)	Fruit Jelly (VE) or Fresh Fruit	Orange Drizzle Cake (V) or Fresh Fruit
Baguette Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)				

Gluten Free Pizza Base (11306) Allergens: N/A

Gluten Free Roll (01051) Allergens: EGG

Gluten Free Wrap (11771) Allergens: N/A

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Gluten Free Fish Fingers 01652 - Allergens- Fish

Violife Vegan Cheese (04070u) Allergens N/A



DAIRY-FREE

Week 3

05/05/2025, 02/06/2025, 23/06/2025, 14/07/2025, 08/09/2025, 29/09/2025, 20/10/25

Monday	Tuesday	FDA Wednesday 14 Allergen Free Day	Thursday	Friday
Burger in a Bun with Wedges (VE)	Mince & Onion Puff with Roast Potatoes (VE)	Tomato and Pesto GF Pasta (VE)	Crispy Vegetable Fingers with Potato Dippers (VE)	Mexican Style Burrito with Oven Baked Chips (VE)
	Cheesy Tomato Pasta (VE) (Use Violife Vegan Cheese)	Sausage & Beans served on a Baked Jacket Potato (VE)	Jacket Potato with Beans(VE), Cheese (Use Vegan Cheese)	Freshly Baked Baguette with a Choice of Filling (White Baguette only) Use Vegan Cheese
Beef Burger in a Bun with Potato Wedges	Roasted Lemon & Herb Chicken with Roast Potatoes	Keralan Chicken Curry with 50/50 Rice	Margherita Pizza with Potato Dippers (Gluten-free pizza base & Vegan Cheese)(VE)	Breaded Fish Fingers with Oven Baked Chips
Peas & Sweetcorn	Carrots & Cauliflower	Broccoli	Peas	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Lemon Cookie (VE) or Fresh Fruit	Fruit Jelly (VE) or Fresh Fruit	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE) or Fruit Jelly (VE)	Iced fruit Smoothies (VE) or Fresh Fruit	Vanilla Sponge (NO CUSTARD) (V) or Fresh Fruit

Baguette Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)

Gluten Free Pizza Base (11306) Allergens: N/A
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 Gluten Free Wrap (11771) Allergens: N/A
 Gluten Free Pasta (10327u) Allergens: N/A

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 Violife Vegan Cheese (04070u) Allergens N/A



GLUTEN & DAIRY-FREE

Week 1

21/04/2025, 12/05/2025, 09/06/2025, 30/06/2025, 21/07/2025, 15/09/2025, 06/10/2025

Monday	 Tuesday 14 Allergen Free Day	Wednesday	Thursday	Friday
	Oven Baked Cutlet with Herby Diced Potatoes(VE)			Chipolata Sausages (VE) with Oven baked Chips
Jacket Potato with Beans(VE), (Vegan Cheese) or Tuna Mayo	Bolognaise Pasta Bake (VE)	Gluten-free Roll with a choice of Filling (Vegan Cheese)	Jacket Potato with Beans(VE), Cheese (Use the Vegan Cheese)	Cheesy Tomato Pasta (VE) (Use Gluten-free pasta recipe with Violife Vegan Cheese)
Plain Chicken in a GF Roll with Wedges	BBQ Chicken with Herby Diced Potatoes(VE)	Gluten-Free Wrap with Lamb with Mint Dressing , Salad & 50/50 Rice	Margherita Pizza with Potato Dippers (Use Gluten & Dairy Free Pizza Recipe)(VE)	Gluten Free Fish Fingers with Oven Baked Chips
Broccoli	Green Beans & Cauliflower	Peas	Broccoli & Carrots	Peas & Sweetcorn
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced Fruit Smoothies (VE) or Fresh Fruit	Iced Fruit Smoothies (VE) or Fruit Jelly (VE) (V) or Fresh Fruit	GF Zesty Sponge or Fresh Fruit	Seasonal Fruit Platter (VE) or Fruit Jelly (VE)	GF Pineapple & Mango Muffin (V) or Fresh Fruit
Gluten Free Wrap or Roll Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)				

Gluten Free Pizza Base (11306) Allergens: N/A
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Week 2				
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Monday	 Tuesday 14 Allergen Free Day	Wednesday	Thursday	Friday
	Meatballs in a Rustic Tomato Sauce with 50/50 Rice (VE)		Vegetable Biryani (VE)	Loaded Chips topped with a Vegetable Keralan Curry(VE)
Cheesy Tomato Pasta (VE) (Use Gluten-free pasta recipe with Violife Vegan Cheese)	Katsu Vegetable Curry served on a Baked Jacket Potato (VE)	Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo	Gluten-free Roll with a choice of Filling (use Violife Vegan Cheese)	Hot Cheesy Wrap Stack with Oven Baked Chips (V) (Use Gluten Free Wrap & Violife Vegan Cheese)
Gluten Free Fish Fingers (VE) with Potato Wedges	Sticky Chicken with 50/50 Rice	Spaghetti Bolognaise (use Gluten Free Pasta)	Chipolata Sausages (VE) with Simply Mash Gravy	Gluten Free Fish Fingers with Oven Baked Chips
Broccoli	Carrots & Green Beans	Peas & Sweetcorn	Broccoli & Cauliflower	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced Fruit Smoothie (VE) or Fresh Fruit (VE)	Iced fruit Smoothies (VE) or Fresh Fruit or Fruit Jelly (VE)	GF Sponge or Seasonal Fruit Platter (VE)	Fruit Jelly (VE) or Fresh Fruit	GF Orange Drizzle Cake (V) or Fresh Fruit
Gluten Free Wrap or Roll Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)				

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GLUTEN & DAIRY-FREE

Week 3				
05/05/2025, 02/06/2025, 23/06/2025, 14/07/2025, 08/09/2025, 29/09/2025, 20/10/25				
Monday	Tuesday	 Wednesday 14 Allergen Free Day	Thursday	Friday
Burger (VE) in a Gluten Free Bun with Wedges		Tomato and Pesto GF Pasta (VE)		Mexican Style Burrito with Oven Baked Chips (VE) Use Gluten Free Wrap
Gluten-free Wrap(Violife Vegan Cheese) with a choice of Filling and Potato Wedges	Cheesy Tomato Pasta (VE) (Use Gluten-free pasta recipe with Vegan Cheese)	Sausage & Beans served on a Baked Jacket Potato (VE)	Jacket Potato with Beans(VE), (Vegan Cheese)	Gluten-free Roll with a choice of Filling (Use Vegan Cheese)
Beef Burger in a Gluten Free Bun with Wedges	Roasted Lemon & Herb Chicken with Roast Potatoes	Keralan Chicken Curry with 50/50 Rice	Margherita Pizza with Potato Dippers (Use Gluten & Dairy Free Pizza Recipe)(VE)	Gluten Free Fish Fingers with Oven Baked Chips
Peas & Sweetcorn	Carrots & Cauliflower	Broccoli	Peas	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
GF Lemon Cookie (VE) or Fresh Fruit (VE)	Fruit Jelly (VE) or Fresh Fruit	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE) or Fruit Jelly (VE)	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie (VE)	GF Vanilla Sponge (V) (No Custard) or Fresh Fruit
Gluten Free Wrap or Roll Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)				

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