



GLUTEN-FREE

Week 1

DATE: w/c 04/11/2024, 25/11/2024, 16/12/2024, 20/01/2025, 10/02/2025, 10/03/2025, 31/03/2025

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza with GF Pasta (Gluten-free pizza base & GF tomato sauce)(V)	BBQ Chicken with Herby Diced Potatoes	Plain Chicken in a Gluten Free Bun with Wedges	Roast Lamb Patty (No Yorkshire Pudding)	Gluten Free Fish Fingers with Oven Baked Chips
Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)	Gluten-Free Wrap with Ham, Cheese(V) or Tuna Mayo and Diced Potato	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo
Gluten Free Roll with Ham, Cheese(V) or Tuna Mayo				Vegetable Biryani (VE)
Peas & Carrots	Sweetcorn	Baked Beans	Broccoli & Cauliflower	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced Fruit Smoothie (VE) or Fresh Fruit (VE)	Organic Fruit Yoghurt (V) or GF Sponge with Syrup (V)	Fruit Jelly (VE) or Organic Fruit Yoghurt (V)	Seasonal Fruit Platter (VE) or Organic Fruit Yoghurt (V)	Organic Fruit Yoghurt (V) or GF Sponge with Cherries (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

DATE: w/c 11/11/2024, 02/12/2024, 06/01/2025, 27/01/2025, 24/02/2025, 17/03/2025

Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Fish Fingers with Oven Baked Chips	Keralan Chicken Curry with 50/50 Rice		British Chicken Sausage with Mash & Onion Gravy (H)	Gluten Free Fish Fingers with Oven Baked Chips
Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo		Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)	Hot Cheesy Wrap Stack with Oven Baked Chips (V) (Use Gluten-Free Wraps)
	Meatballs in a Rustic Tomato Sauce with 50/50 Rice (VE)	Spice Moroccan Tortilla Pocket with Potato Wedges (VE) (Use Gluten Free Wraps)		Loaded Chips topped with a Vegetable Katsu Curry (VE)
Peas	Broccoli	Sweetcorn	Carrots & Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
GF Sponge with Apple (V) Organic Fruit Yoghurt (V)	Iced fruit Smoothies (VE) or Organic Fruit Yoghurt (V)	Seasonal Fruit Platter (VE) or Organic Fruit Yoghurt (V)	Fruit Jelly (VE) or Fresh Fruit (VE)	GF Sponge with Lemon drizzle or Organic Fruit Yoghurt (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

08277u GF Pork Sausages (TR)



GLUTEN-FREE

Week 3

DATE: w/c 18/11/2024, 09/12/2024, 13/01/2025, 03/02/2025, 03/03/2025, 24/03/2025

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Gluten Free Bun with Wedges	Sticky Chicken with 50/50 Rice	Margherita Pizza with GF Pasta (Gluten-free pizza base & GF tomato sauce)(V)	Roast Turkey (No Yorkshire Pudding)	Gluten Free Fish Fingers with Oven Baked Chips
Gluten-Free Wrap with Ham, Cheese(V) or Tuna Mayo with Potato Wedges	Gluten-Free Roll with Ham, Cheese(V) or Tuna Mayo with Potato Wedges	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo
		Pesto Pasta (VE) (Use Gluten Free Pasta)		Mexican Style Burrito (VE) Use Gluten Free Wrap
Peas & Sweetcorn	Broccoli	Green Beans	Carrots & Cauliflower	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
GF Sponge with Jam (V) or Iced fruit Smoothies (VE)	Fruit Jelly (VE) or Organic Fruit Yoghurt (V)	Strawberry & Vanilla Mousse (V) or Fresh Fruit	Seasonal Fruit Platter (VE) or Organic Fruit Yoghurt (V)	GF Vanilla Sponge or Organic Fruit Yoghurt (V)

Gluten Free Wrap or Roll Fillings: Ham, Cheese, Tuna Mayo (Cold)

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Gluten Free Roll (01051) Allergens: EGG
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



DAIRY-FREE

Week 1

DATE: w/c 04/11/2024, 25/11/2024, 16/12/2024, 20/01/2025, 10/02/2025, 10/03/2025, 31/03/2025

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza with Potato Dippers (use Gluten-free pizza base & Violife Vegan Cheese)(VE)	BBQ Chicken with Herby Diced Potatoes	Crispy Chicken in a Bun with Potato Wedges (09745 or Plain Chicken thigh only)	Lamb Patty Roast Dinner (No Yorkshire Pudding)	Breaded Fish Fingers with Oven Baked Chips
Tomato Pasta (VE) (Use Violife Vegan Cheese)	Freshly Baked Baguette with a Choice of Filling (White baguette only)	Jacket Potato with Beans(VE), Cheese (Use the Violife Vegan Cheese) or Tuna Mayo	Tomato Pasta (VE) (Use Violife Vegan Cheese)	Jacket Potato with Beans(VE), Cheese (Use the Violife Vegan Cheese) or Tuna Mayo
Mince & Bel-Pepper Empanada with Potato Dippers (VE)	Quorn Sausages with Herby Diced Potato (VE)		Sausage Roll with Roast Potatoes (VE)	Vegetable Biryani (VE)
Peas & Carrots	Green Beans	Peas	Broccoli & Cauliflower	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced fruit Smoothies (VE) Or Fresh Fruit	Syrup Sponge (NO Custard) (V) or Fresh Fruit	Fruit Jelly (VE) or Fresh Fruit	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie (VE)	Cherry Muffin (V) or Fresh Fruit

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

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Monday	Tuesday	Wednesday	Thursday	Friday
	Keralan Chicken Curry with 50/50 Rice	Spaghetti Bolognaise	British Pork Sausage with Mash (Simply Mash only) & Onion Gravy	Breaded Fish Steak with Oven Baked Chips
Jacket Potato with Beans(VE), Cheese (Use the Violife Vegan Cheese) or Tuna Mayo	Freshly Baked Baguette with a Choice of Filling (White baguette only)	Jacket Potato with Beans(VE), Cheese (Use the Violife Vegan Cheese) or Tuna Mayo	Tomato Pasta (VE) (Use Violife Vegan Cheese)	Hot Cheesy Wrap Stack with Oven Baked Chips (V) (Use Violife Vegan Cheese)
Crispy Fishless Fingers with Wedges (VE)	Meatballs in a Rustic Tomato Sauce with Penne Pasta (VE)	Spice Moroccan Tortilla Pocket with Potato Dippers (VE)	Quorn Sausage with Mash (Simply Mash only) & Onion Gravy (VE)	Loaded Chips topped with a Vegetable Katsu Curry (VE)
Peas	Broccoli	Sweetcorn	Carrots & Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Apple Sponge (NO Custard) (V) or Fresh Fruit	Iced fruit Smoothies (VE) or Fresh Fruit	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie (VE)	Fruit Jelly (VE) or Fresh Fruit	Red Velvet Sponge (V) or Fresh Fruit

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

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Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun with Potato Wedges	Sticky Chicken with 50/50 Rice	Margherita Pizza with Pasta (use Gluten-free pizza base & Violife Vegan Cheese)(VE)	Roast Turkey (No Yorkshire Pudding)	Breaded Fish Fingers with Oven Baked Chips
	Freshly Baked Baguette with a Choice of Filling (White baguette only)	Jacket Potato with Beans(VE), Cheese (Use the Violife Vegan Cheese) or Tuna Mayo	Cheesy Tomato Pasta (VE) (Use Violife Vegan Cheese)	Jacket Potato with Beans(VE), Cheese (Use the Violife Vegan Cheese) or Tuna Mayo
Crispy Country Bake Burger with Wedges (VE)	Vegetable, Rice and lentil Dhal (VE)	Pesto Pasta (VE)	Sausage Roll with Roast Potatoes (VE)	Mexican Style Burrito with Oven Baked Chips (VE)
Peas & Sweetcorn	Broccoli	Green Beans	Carrots & Cauliflower	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Jam Sponge (NO Custard) or Fresh Fruit	Fruit Jelly (VE) or Fresh Fruit	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE)	Iced fruit Smoothies (VE) or Fresh Fruit	Vanilla Cookie (VE) or Fresh Fruit

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

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GLUTEN & DAIRY-FREE

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Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza with GF Pasta (use Gluten-free pizza base & Violife Vegan Cheese)(VE)	BBQ Chicken with Herby Diced Potatoes	Plain Chicken in a Gluten Free Bun with Wedges	Lamb Patty Roast Dinner (No Yorkshire Pudding)	Gluten Free Fish Fingers with Oven Baked Chips
Cheesy Tomato Pasta (VE) (Use Gluten-free pasta recipe with Violife Vegan Cheese)	Gluten-free Wrap with a choice of Filling and Diced Potatoes	Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo	Cheesy Tomato Pasta (VE) (Use Gluten-free pasta recipe with Violife Vegan Cheese)	Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo
Gluten-free Roll with a choice of Filling				Vegetable Biryani (VE)
Peas & Carrots	Green Beans	Peas	Broccoli & Cauliflower	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced fruit Smoothies (VE) or Fresh Fruit	Seasonal Fruit Platter (VE) or GF Sponge with Syrup (V)	Fruit Jelly (VE) or Fresh Fruit	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie (VE)	Iced fruit Smoothies (VE) or GF Sponge with Cherries (V)

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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Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Fish Fingers with Oven Baked Chips	Keralan Chicken Curry with 50/50 Rice		British Chicken Sausage with Mash (Simply Mash only) & Onion Gravy	Gluten Free Fish Fingers with Oven Baked Chips
Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo	Gluten-free Wrap with a choice of Filling and Potato Wedges	Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo	Cheesy Tomato Pasta (VE) (Use Gluten-free pasta recipe with Violife Vegan Cheese)	Hot Cheesy Wrap Stack with Oven Baked Chips (V) (Use Gluten Free Wrap & Violife Vegan Cheese)
	Meatballs in a Rustic Tomato Sauce with 50/50 Rice (VE)	Spice Moroccan Tortilla Pocket with Potato Wedges (VE) (Use Gluten Free Wraps)		Loaded Chips topped with a Vegetable Katsu Curry(VE)
Peas	Broccoli	Sweetcorn	Carrots & Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
GF Sponge with Apple (V) or Fresh Fruit	Iced fruit Smoothies (VE) or Fresh Fruit	Seasonal Fruit Platter (VE) or Iced fruit Smoothies (VE)	Fruit Jelly (VE) or Fresh Fruit	GF Sponge with Lemon drizzle (V) or Fresh Fruit

Gluten Free Wrap or Roll Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)

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Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Gluten Free Bun with Wedges	Sticky Chicken with 50/50 Rice	Margherita Pizza with GF Pasta (Use Gluten-free pizza base/ GF tomato sauce recipe /Vegan Cheese)	Turkey Roast Dinner (No Yorkshire Pudding)	Gluten Free Fish Fingers with Oven Baked Chips
Gluten-free Wrap with a choice of Filling and Potato Wedges	Gluten-free Roll with a choice of Filling and Potato Wedges	Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo	Cheesy Tomato Pasta (VE) (Use Gluten-free pasta recipe with Violife Vegan Cheese)	Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo
				Mexican Style Burrito with Oven Baked Chips (VE) Use Gluten Free Wrap
Peas & Sweetcorn	Broccoli	Green Beans	Carrots & Cauliflower	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
GF Sponge with Jam (V) or Iced fruit Smoothies (VE)	Fruit Jelly (VE) or Fresh Fruit	Iced fruit Smoothies (VE) or Fresh Fruit	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie (VE)	GF Vanilla Sponge (V) or Fresh Fruit

Gluten Free Wrap or Roll Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)

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