Delish! by HES Catering

**GLUTEN-FREE**

| Week 1 | | | | |
|---|---|---|---|---|
| **13/04/26, 04/05/26, 01/06/26, 22/06/26, 13/07/26, 07/09/26, 28/09/26, 19/10/26** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Cheesy Tomato Pasta (V) **(Use Gluten-free Cheesy Tomato pasta recipe)** | Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**) | Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**) | Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**) | Cheesy Tomato Pasta (V) **(Use Gluten-free Cheesy Tomato pasta recipe)** |
| **Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese(V) | **Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese(V) or Cheese & Beans | **Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo |
| | Margherita Pizza (**Gluten-free pizza base & GF tomato sauce**)(V) | Beef Bolognaise Pasta (VE) **GF Pasta** | Sticky Chicken with 50/50 Rice | **Gluten Free** Fish Fingers with Oven Baked Chips |
| Peas | Baked Beans or Sweetcorn | Broccoli | Green Beans | Peas |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Smoothie (VE) or Fresh Fruit (VE) | Fruit Jelly (VE), Fresh Fruit (VE) | Fruit Platter or Wibble Mousse (V) | Smoothie or Fresh Fruit (VE) | GF Sponge 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**

Delish! by HES Catering

**GLUTEN-FREE**

## Week 2

**20/04/26, 11/05/26, 08/06/26, 29/06/26, 20/07/26, 14/09/26, 05/10/26**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**) | Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**) | Moroccan Tortilla Wrap (VE) **Use Gluten Free Wrap** | Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**) | Hot Cheesy Wrap Stack with Oven Baked Chips (V) **(Use Gluten-Free Wraps)** |
| Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo | **Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo | **Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo |
| Beef Burger in a **Gluten Free Bun** with Wedges | | Margherita Pizza (**Gluten-free pizza base & GF tomato sauce**)(V) | Keralan Chicken Curry with 50/50 Rice | **Gluten Free** Fish Fingers with Oven Baked Chips |
| Sweetcorn | Broccoli | Carrots | Green Beans | Baked Beans or Peas |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Strawberry &Vanilla Swirl(V) or Fresh fruit (VE) | Fresh Fruit (VE) or Pineapple & Mango Muffin (V) **GF Recipe** | Fruit Jelly or Fresh Fruit (VE) | Fresh Fruit (VE) or Wibble Mousse (V) | **GF Cookie** (V) 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**

Delish! by HES Catering

**GLUTEN-FREE**

# Week 3

**27/04/26, 18/05/26, 15/07/26, 06/07/26, 31/08/26, 21/09/26, 12/10/26**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Vegan Meatballs (VE) (**Use Gluten-free Cheesy Tomato pasta recipe**) with **GF** Pasta | Gluten Free Vegetable Goujons **with Wedges** (VE) | Creamy Vegetable Korma with 50/50 Rice | Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**) | Mexican Style Enchilada (VE) **Gluten Free Wrap & Tomato sauce** with oven baked Chips |
| **Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese(V) or Cheese & Beans | **Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo with Potato Wedges | Jacket Potato with Beans(VE), Cheese(V) or Cheese & Beans | **Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo with Potato Wedges |
| | Margherita Pizza (**Gluten-free pizza base & GF tomato sauce**)(V) | BBQ Chicken with Rice | Plain Chicken in a **Gluten Free Bun** with Wedges | **Gluten Free** Fish Fingers with Oven Baked Chips |
| Green Beans | Sweetcorn | Carrots | Broccoli | Baked Beans or Peas |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Iced fruit Smoothies (VE) or Fresh Fruit (VE) | **GF** Tutti Fruitti Cake or Fresh Fruit (VE) | Wibble Mousse (V) or Fresh Fruit (VE) | Fresh Fruit (VE) or Fruit Jelly (VE) | **GF Lemon 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**

Delish! by HES Catering

**DAIRY-FREE**

# Week 1

**13/04/26, 04/05/26, 01/06/26, 22/06/26, 13/07/26, 07/09/26, 28/09/26, 19/10/26**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Sausage & Bean Puff (VE) with Diced Potatoes | Spiced Quorn Fajita with Potato Wedges | Sausage Roll with Potato Dippers (VE) | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese**) | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese**) |
| Freshly Baked Baguette with a Choice of Filling **(White baguette only)Use the Violife Vegan Cheese** | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) | Freshly Baked Baguette with a Choice of Filling **(White baguette only)Use the Violife Vegan Cheese** | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) | Freshly Baked Baguette with a Choice of Filling **(White baguette only)Use the Violife Vegan Cheese** |
| Crispy Chicken Nuggets with Diced Potatoes | Margherita Pizza with Pasta **(use Gluten-free pizza base & Violife Vegan Cheese)**(VE) | Beef Spaghetti Bolognaise | Sticky Chicken With 50/50 Rice | Breaded Fish Fingers with Oven Baked Chips |
| Peas | Baked Beans or Sweetcorn | Broccoli | Green Beans | Peas |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Iced Fruit Smootie (VE) Or Fresh Fruit (VE) | Fruit Jelly (VE) or Seasonal Fruit Platter (VE) | Iced fruit Smoothies (VE) or Fresh Fruit (VE) | Iced fruit Smoothies (VE) or Fresh Fruit (VE) | Banoffee Sponge (V) or Fresh Fruit (VE) |

**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**

Delish! by HES Catering

**DAIRY-FREE**

# Week 2

**20/04/26, 11/05/26, 08/06/26, 29/06/26, 20/07/26, 14/09/26, 05/10/26**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Quorn Sausage (VE) with Potato Dippers | Golden Dippers with Potato Wedges (VE) | Moroccan Tortilla Pocket with Diced Potatoes (VE) | Sausage Roll with Potato Wedges(VE) | Hot Cheesy Wrap Stack with Oven Baked Chips (V) **(Use Violife Vegan Cheese)** |
| 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)Use the Violife Vegan Cheese** | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) | Freshly Baked Baguette with a Choice of Filling **(White baguette only)Use the Violife Vegan Cheese** | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) or Tuna Mayo |
| Beef Burger in a Bun with Potato Dippers | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese**) | Margherita Pizza with Pasta **(use Gluten-free pizza base & Violife Vegan Cheese)**(VE) | Keralan Chicken Curry with 50/50 Rice | Breaded Fish Fingers with Oven Baked Chips |
| Sweetcorn | Broccoli | Carrots | Green Beans | Baked Beans or Peas |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Iced Fruit Smoothie (VE) or Fresh Fruit (VE) | Mango & Pineapple Muffin (V) or Fresh Fruit (VE) | Fruit Jelly (VE) or Fresh Fruit (VE) | Iced Fruit Smoothie (VE) or Fresh Fruit (VE) | Vanilla Cookie(VE) or Fresh Fruit (VE) |

**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**

Delish! by HES Catering

**DAIRY-FREE**

# Week 3

**27/04/26, 18/05/26, 15/07/26, 06/07/26, 31/08/26, 21/09/26, 12/10/26**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Meatballs in a Rustic Tomato Sauce with Pasta (VE) | Vegetable Goujons with Potato Dippers | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Quorn & Vegetable Biryani (VE) | Mexican Style Enchilada with Oven Baked Chips (VE) |
| Freshly Baked Baguette with a Choice of Filling **(White baguette only)** | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) | Freshly Baked Baguette with a Choice of Filling **(White baguette only)** | Jacket Potato with Beans(VE), Cheese (**Use Violife Vegan Cheese**) | Freshly Baked Baguette with a Choice of Filling **(White baguette only)** |
| British Pork Sausage with Mash (**Simply Mash only**) & Onion Gravy | Margherita Pizza with Pasta **(use Gluten-free pizza base & Violife Vegan Cheese)**(VE) | BBQ Chicken with 50/50 Rice | Chicken Burger (non-halal only) with Potato Wedges | Breaded Fish Fingers with Oven Baked Chips |
| Green Beans | Sweetcorn | Carrots | Broccoli | Baked Beans or Peas |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE) | Tutti Fruitti Sponge (V) or Fresh Fruit (VE) | Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE) | Fruit Jelly (VE) or Fresh Fruit (VE) | Lemon Drizzle Cake (V) or Fresh Fruit (VE) |

**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**

Delish! by HES Catering

## GLUTEN & DAIRY-FREE

| Week 1 | | | | |
|---|---|---|---|---|
| 13/04/26, 04/05/26, 01/06/26, 22/06/26, 13/07/26, 07/09/26, 28/09/26, 19/10/26 | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) |
| **Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) | **Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) | **Gluten-Free Roll** with Ham**, Violife Vegan Cheese**(VE) or Tuna Mayo |
| | Margherita Pizza with Wedges **(use Gluten-free pizza base & Violife Vegan Cheese)** | Beef Bolognaise Pasta (VE) **GF Pasta** | Sticky Chicken With 50/50 Rice | **Gluten Free** Fish Fingers with Oven Baked Chips |
| Peas | Baked Beans or Sweetcorn | Broccoli | Green Beans | Peas |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Iced fruit Smoothies (VE) or Fresh Fruit (VE) | Fruit Jelly (VE) or Seasonal Fruit Platter (VE) | Iced fruit Smoothies (VE) or Fresh Fruit (VE) | Iced fruit Smoothies (VE) or Fresh Fruit (VE) | Vanilla Sponge **GF** (V) or Fresh Fruit (VE) |
| **Gluten Free Wrap or Roll 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**

Delish! by HES Catering

## GLUTEN & DAIRY-FREE

# Week 2

**20/04/26, 11/05/26, 08/06/26, 29/06/26, 20/07/26, 14/09/26, 05/10/26**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Moroccan Tortilla Pocket (**GF Wrap**) with Diced Potatoes | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Hot Cheesy Wrap Stack with Oven Baked Chips(V)**(Use Violife Vegan Cheese & GF Wrap)** |
| Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) or Tuna Mayo | **Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) | **Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) or Tuna Mayo |
| Beef Burger in a **Gluten Free Bun** with Wedges | | Margherita Pizza with Pasta **(use Gluten-free pizza base & Violife Vegan Cheese)**(VE) | Keralan Chicken Curry with 50/50 Rice | **Gluten Free** Fish Fingers with Oven Baked Chips |
| Sweetcorn | Broccoli | Carrots | Green Beans | Peas 0r Baked Beans |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Iced Fruit Smoothie (VE) or Fresh Fruit (VE) | **GF recipe** Muffin (V) or Fresh Fruit (VE) | Fruit Jelly (VE) or Fresh Fruit (VE) | Iced Fruit Smoothie (VE) or Fresh Fruit (VE) | **GF** Vanilla Cookie(VE) or Fresh Fruit (VE) |

**Gluten Free Wrap or Roll 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**

Delish! by HES Catering

**GLUTEN & DAIRY-FREE**

# Week 3

**27/04/26, 18/05/26, 15/07/26, 06/07/26, 31/08/26, 21/09/26, 12/10/26**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Gluten Free Vegetable Goujons **with Wedges** (VE) | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**) | Mexican Style Enchilada (**GF Wrap & Tomato sauce**) with Oven Baked Chips (VE) |
| **Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) | **Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo | Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) | **Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo |
| Meatballs in a Rustic Tomato Sauce with **GF Pasta** (VE) | Margherita Pizza **(use Gluten-free pizza base & Violife Vegan Cheese)** | BBQ Chicken with 50/50 Rice | Plain Chicken in a **GF Roll** with Potato Wedges | **Gluten Free** Fish Fingers with Oven Baked Chips |
| Green Beans | Sweetcorn | Carrots | Broccoli | Baked Beans or Peas |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE) | **GF** Sponge (V) or Fresh Fruit (VE) | Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE) | Fruit Jelly (VE) or Fresh Fruit (VE) | **GF** Lemon Drizzle Cake (V) or Fresh Fruit (VE) |

**Gluten Free Wrap or Roll 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**