



**GLUTEN-FREE**

**Week 1**

26/02/24, 18/03/24, 22/04/24, 13/05/24, 10/06/24, 01/07/24, 22/07/24, 16/09/24, 07/10/24

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza with Potato Dippers ( <b>Gluten-free pizza base &amp; GF tomato sauce</b> )(V)	BBQ Chicken with Herby Diced Potatoes	Plain Chicken in a <b>Gluten Free Bun</b> with Wedges	Roast Gammon ( <b>No Yorkshire Pudding</b> )	GF Fish Fingers with Oven Baked Chips ( <b>Gluten-free Fish Fingers</b> )
Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	<b>Gluten-Free Wrap</b> with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Cheesy Tomato Pasta (V) ( <b>Use Gluten-free Cheesy Tomato pasta recipe</b> )	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo
Peas & Carrots	Sweetcorn	Baked Beans	Broccoli & Cauliflower	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Vanilla Ice Cream Tub (V)	Organic Fruit Yoghurt (V)	Fruit Jelly (VE)	Seasonal Fruit Platter (VE)	Organic Fruit Yoghurt (V)

**Wrap Fillings: Ham, Cheese, Tuna Mayo (Cold)**

**Gluten Free Pizza Base (11306) Allergens: N/A**  
**Gluten Free Roll (01051) Allergens: EGG**  
**Gluten Free Wrap (06246) 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**

04/03/24, 25/05/24, 29/04/24, 20/05/24, 17/06/24, 08/07/24, 02/09/24, 23/09/24, 14/10/24

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Gluten-Free Wrap</b> with Cheese(V) or Tuna Mayo	Marinated Chicken Tikka with 50/50 Rice ( <b>Using 11634 curry powder</b> )			GF Fish Fingers with Oven Baked Chips ( <b>Gluten-free Fish Fingers</b> )
Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	<b>Gluten-Free Wrap</b> with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Cheesy Tomato Pasta (V) ( <b>Use Gluten-free Cheesy Tomato pasta recipe</b> )	Hot Cheesy Wrap Stack with Oven Baked Chips (V) ( <b>Use Gluten-Free Wraps</b> )
	Meatballs in a Rustic Tomato Sauce with 50/50 Rice (VE)	Spice Moroccan Tortilla Pocket with Potato Dippers (VE) ( <b>Use Gluten Free Wraps</b> )	<b>Gluten-Free Wrap</b> with Cheese(V) or Tuna Mayo	Loaded Chips topped with a Vegetable Keralan Curry(VE)
Baked Beans	Broccoli	Sweetcorn	Carrots & Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Organic Fruit Yoghurt (V)	Iced fruit Smoothies (VE)	Seasonal Fruit Platter (VE)	Fruit Jelly (VE)	<b>Gluten-free</b> Vanilla cookie or Organic Fruit Yoghurt (V)

**Wrap Fillings: Ham, Cheese, Tuna Mayo (Cold)**

**Gluten Free Pizza Base (11306) Allergens: N/A**  
**Gluten Free Roll (01051) Allergens: EGG**  
**Gluten Free Wrap (06246) 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**

11/03/24, 15/04/24, 06/05/24, 03/06/24, 24/06/24, 15/07/24, 09/09/24, 30/09/24, 21/10/24

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

**Wrap Fillings: Ham, Cheese, Tuna Mayo (Cold)**

**Gluten Free Pizza Base (11306) Allergens: N/A**  
**Gluten Free Roll (01051) Allergens: EGG**  
**Gluten Free Wrap (06246) 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**

26/02/24, 18/03/24, 22/04/24, 13/05/24, 10/06/24, 01/07/24, 22/07/24, 16/09/24, 07/10/24

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll with Potato Dippers (VE)	BBQ Chicken with Herby Diced Potatoes	Crispy Chicken in a Bun with Potato Wedges <b>(09745 Chicken only)</b>	Roast Gammon <b>(No Yorkshire Pudding)</b>	Breaded Fish Fingers with Oven Baked Chips
	Freshly Baked Baguette with a Choice of Filling <b>(White baguette only)</b>	Jacket Potato with Beans(VE), Cheese <b>(Use the Violife Vegan Cheese)</b> or Tuna Mayo	Tomato Pasta (VE) <b>(Use Violife Vegan Cheese)</b>	Jacket Potato with Beans(VE), Cheese <b>(Use the Violife Vegan Cheese)</b> or Tuna Mayo
Margherita Pizza with Potato Dippers <b>(use Gluten-free pizza base &amp; Violife Vegan Cheese)(VE)</b>	Sweet Potato & Chickpea Tikka Masala with Rice (VE)		Sausage & Bean Puff (VE)	Lightly Spiced Rogan Josh with Oven Baked Chips (VE)
Peas & Carrots	Sweetcorn	Baked Beans	Broccoli & Cauliflower	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Strawberry Iced fruit Smoothies (VE)	Jam Sponge <b>(NO Custard)</b>	Fruit Jelly (VE)	Seasonal Fruit Platter (VE)	Banana Muffin (V)

**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 (06246) 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**

04/03/24, 25/05/24, 29/04/24, 20/05/24, 17/06/24, 08/07/24, 02/09/24, 23/09/24, 14/10/24

Monday	Tuesday	Wednesday	Thursday	Friday
		Spaghetti Bolognese	British Pork Sausage with Mash ( <b>Simply Mash only</b> ) & Onion Gravy	Battered Fish Fillet with Oven Baked Chips
Jacket Potato with Beans(VE), Cheese ( <b>Use the Violife Vegan Cheese</b> ) or Tuna Mayo	Freshly Baked Baguette with a Choice of Filling ( <b>White baguette only</b> )	Jacket Potato with Beans(VE), Cheese ( <b>Use the Violife Vegan Cheese</b> ) or Tuna Mayo	Tomato Pasta (VE) ( <b>Use Violife Vegan Cheese</b> )	Hot Cheesy Wrap Stack with Oven Baked Chips (V) ( <b>Use Violife Vegan Cheese</b> )
Crispy Vegetable Fingers with Wedges (VE)	Meatballs in a Rustic Tomato Sauce with 50/50 Rice (VE)	Spice Moroccan Tortilla Pocket with Potato Dippers (VE)	Quorn Sausage with Mash ( <b>Simply Mash only</b> ) & Onion Gravy (VE)	Loaded Chips topped with a Vegetable Keralan Curry(VE)
Baked Beans	Broccoli	Sweetcorn	Carrots & Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Lemon Drizzle Sponge (V)	Strawberry Iced fruit Smoothies (VE)	Seasonal Fruit Platter (VE)	Fruit Jelly (VE)	Orange & Cocoa Cookie (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 (06246) 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**



## Week 3

11/03/24, 15/04/24, 06/05/24, 03/06/24, 24/06/24, 15/07/24, 09/09/24, 30/09/24, 21/10/24

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun with Potato Wedges	Keralan Chicken Curry with 50/50 Rice	Margherita Pizza with Potato Dippers (use <b>Gluten-free pizza base &amp; Violife Vegan Cheese</b> )(VE)	Roast Turkey ( <b>No Yorkshire Pudding</b> )	Breaded Fish Fingers with Oven Baked Chips
Cheesy Tomato Pasta (VE) (Use <b>Violife Vegan Cheese</b> )	Freshly Baked Baguette with a Choice of Filling ( <b>White baguette only</b> )	Jacket Potato with Beans(VE), Cheese ( <b>Use the Violife Vegan Cheese</b> ) or Tuna Mayo		Jacket Potato with Beans(VE), Cheese ( <b>Use the Violife Vegan Cheese</b> ) or Tuna Mayo
Crispy Country Bake Burger with Wedges (VE)	Sausage Roll with Potato Dippers (VE)	Vegetable, Rice and lentil Dhal (VE)	Mince & Onion Puff (VE)	Mexican Style Fajita with Oven Baked Chips (VE)
Peas	Broccoli	Baked Beans	Carrots & Cauliflower	Peas & Sweetcorn
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Mandarin Sponge ( <b>NO Custard</b> ) (V)	Fruit Jelly (VE)	Seasonal Fruit Platter (VE)	Strawberry Iced fruit Smoothies (VE)	Vanilla Cookie (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 (06246) 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 & DAIRY-FREE**

**Week 1**

26/02/24, 18/03/24, 22/04/24, 13/05/24, 10/06/24, 01/07/24, 22/07/24, 16/09/24, 07/10/24

Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Chicken with Herby Diced Potatoes	Plain Chicken in a <b>Gluten Free Bun</b> with Wedges	Roast Gammon ( <b>No Yorkshire Pudding</b> )	Breaded Fish Fingers with Oven Baked Chips ( <b>Gluten-free Fish Fingers</b> )
Jacket Potato with Beans(VE), ( <b>Violife Vegan Cheese</b> ) or Tuna Mayo	Gluten-free Wrap with a choice of Filling	Jacket Potato with Beans(VE), ( <b>Violife Vegan Cheese</b> ) or Tuna Mayo	Cheesy Tomato Pasta (VE) ( <b>Use Gluten-free pasta recipe with Violife Vegan Cheese</b> )	Jacket Potato with Beans(VE), ( <b>Violife Vegan Cheese</b> ) or Tuna Mayo
Margherita Pizza with Potato Dippers ( <b>use Gluten-free pizza base &amp; Violife Vegan Cheese</b> )(VE)				
Peas & Carrots	Sweetcorn	Baked Beans	Broccoli & Cauliflower	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Strawberry Iced fruit Smoothies (VE)	Seasonal Fruit Platter (VE)	Fruit Jelly (VE)	Seasonal Fruit Platter (VE)	Strawberry Iced fruit Smoothies (VE)

**Wrap 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 (06246) Allergens: N/A**  
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**Violife Vegan Cheese (04070u) Allergens N/A**



**GLUTEN & DAIRY-FREE**

**Week 2**

04/03/24, 25/05/24, 29/04/24, 20/05/24, 17/06/24, 08/07/24, 02/09/24, 23/09/24, 14/10/24

Monday	Tuesday	Wednesday	Thursday	Friday
Gluten-free Wrap with a choice of filling				Breaded Fish Fingers with Oven Baked Chips ( <b>Gluten-free Fish Fingers</b> )
Jacket Potato with Beans(VE), ( <b>Violife Vegan Cheese</b> ) or Tuna Mayo	Gluten-free Wrap with a choice of Filling	Jacket Potato with Beans(VE), ( <b>Violife Vegan Cheese</b> ) or Tuna Mayo	Cheesy Tomato Pasta (VE) ( <b>Use Gluten-free pasta recipe with Violife Vegan Cheese</b> )	Hot Cheesy Wrap Stack with Oven Baked Chips (V) ( <b>Use Gluten Free Wrap &amp; Violife Vegan Cheese</b> )
	Meatballs in a Rustic Tomato Sauce with 50/50 Rice (VE)	Spice Moroccan Tortilla Pocket with Potato Dippers (VE) ( <b>Use Gluten Free Wraps</b> )	Gluten-free Wrap with a choice of filling	Loaded Chips topped with a Vegetable Keralan Curry(VE)
Baked Beans	Broccoli	Sweetcorn	Carrots & Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Seasonal Fruit Platter (VE)	Strawberry Iced fruit Smoothies (VE)	Seasonal Fruit Platter (VE)	Fruit Jelly (VE)	<b>Gluten-free</b> Vanilla cookie (VE)

**Wrap 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 (06246) Allergens: N/A**

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**Gluten Free Fish Fingers 01652 - Allergens- Fish**

**Violife Vegan Cheese (04070u) Allergens N/A**





**GLUTEN & DAIRY-FREE**

**Week 3**

11/03/24, 15/04/24, 06/05/24, 03/06/24, 24/06/24, 15/07/24, 09/09/24, 30/09/24, 21/10/24

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a <b>Gluten Free Bun</b> with Wedges	Keralan Chicken Curry with 50/50 Rice	Margherita Pizza ( <b>Use Gluten-free pizza base/ GF tomato sauce recipe /Vegan Cheese</b> )	Roast Turkey ( <b>No Yorkshire Pudding</b> )	Breaded Fish Fingers with Oven Baked Chips ( <b>Gluten-free Fish Fingers</b> )
Cheesy Tomato Pasta (VE) ( <b>Use Gluten-free pasta recipe with Violife Vegan Cheese</b> )	Gluten-free Wrap with a choice of Filling	Jacket Potato with Beans(VE), ( <b>Violife Vegan Cheese</b> ) or Tuna Mayo	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), ( <b>Violife Vegan Cheese</b> ) or Tuna Mayo
Peas	Broccoli	Baked Beans	Carrots & Cauliflower	Peas & Sweetcorn
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Strawberry Iced fruit Smoothies (VE)	Fruit Jelly (VE)	Seasonal Fruit Platter (VE)	Strawberry Iced fruit Smoothies (VE)	<b>Gluten-free</b> Vanilla cookie (VE)

**Wrap 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 (06246) Allergens: N/A**  
**Gluten Free Pasta (10327u) Allergens: N/A**

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