



GLUTEN-FREE

Week 1

04/09/23, 18/09/23, 02/10/23, 16/10/23, 06/11/23, 20/11/23, 04/12/23, 18/12/23, 08/01/24, 22/01/24, 05/02/24, 26/02/24, 11/03/24, 25/03/24, 22/04/24, 06/05/24, 20/05/24, 10/06/24, 24/06/24, 08/07/24, 22/07/24

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Gluten Free Bun with Wedges	BBQ Chicken with Diced Potatoes	Margherita Pizza with Potato Dippers (Gluten-free pizza base & GF tomato sauce)(V)	Roast Turkey (No Yorkshire Pudding)	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
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	Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo
				Gluten-free Wrap with a choice of filling
Corn on the Cob	Broccoli	Sweetcorn	Peas & Carrots	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Strawberry Iced fruit Smoothies (VE)	Seasonal Fruit Platter (VE)	Fruit Jelly (VE)	Vanilla Ice Cream Tub (V)	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

11/09/23, 25/09/23, 09/10/23, 30/10/23, 13/11/23, 27/11/23, 11/12/23, 01/01/24, 15/01/24, 29/01/24, 12/02/24, 04/03/24, 18/03/24, 15/04/24, 29/04/24, 13/05/24, 03/06/24, 17/06/24, 01/07/24, 15/07/24

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza with Potato Dippers (Gluten-free pizza base & GF tomato sauce)(V)	Keralan Chicken Curry with 50/50 Rice	Sticky Chicken with Savoury Rice	Roast Chicken with Mash & Gravy	Salmon Fillet Fingers with Oven Baked Chips
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	Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo
Sweetcorn	Carrots	Peas	Broccoli	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Strawberry Iced fruit Smoothies (VE)	Organic Fruit Yoghurt (V)	Fruit Jelly (VE)	Seasonal Fruit Platter (VE)	Gluten-free Vanilla cookie (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

04/09/23, 18/09/23, 02/10/23, 16/10/23, 06/11/23, 20/11/23, 04/12/23, 18/12/23, 08/01/24, 22/01/24, 05/02/24, 26/02/24, 11/03/24, 25/03/24, 22/04/24, 06/05/24, 20/05/24, 10/06/24, 24/06/24, 08/07/24, 22/07/24

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun with Potato Wedges	BBQ Chicken with Diced Potatoes	Margherita Pizza with Potato Dippers (use Gluten-free pizza base & Violife Vegan Cheese)(VE)	Roast Turkey (No Yorkshire Pudding)	Breaded Fish Fingers with Oven Baked Chips
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	Tomato Pasta (VE) (Use Violife Vegan Cheese)	Jacket Potato with Beans(VE), Cheese (Use the Violife Vegan Cheese) or Tuna Mayo
	Crispy Vegetable Fingers with Diced Potatoes (VE)	Potato Dippers Topped with Cauliflower & Lentil Curry (VE)	Mince & Onion Puff (VE)	Freshly Baked Baguette with a Choice of Filling (White only)
Corn on the Cob	Broccoli	Sweetcorn	Peas & Carrots	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Lemon Cookie (VE)	Seasonal Fruit Platter (VE)	Fruit Jelly (VE)	Strawberry Iced fruit Smoothies (VE)	Cherry Muffin (V)

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

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

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



DAIRY-FREE

Week 2

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Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza with Potato Dippers (use Gluten-free pizza base & Violife Vegan Cheese)(VE)	Keralan Chicken Curry with 50/50 Rice	Sticky Chicken with Savoury Rice	British Pork Sausage with Mash (Simply Mash only) & Gravy	Salmon Fillet Fingers with Oven Baked Chips
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	Tomato Pasta (VE) (Use Violife Vegan Cheese)	Jacket Potato with Beans(VE), Cheese (Use the Violife Vegan Cheese) or Tuna Mayo
Sausage Roll with Potato Dippers (VE)	Golden Dippers with Diced Potatoes (VE)		Sausage with Mash (Simply Mash only) & Gravy (VE)	Freshly Baked Baguette with a Choice of Filling (White only)
Sweetcorn	Carrots	Peas	Broccoli	Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Strawberry Iced fruit Smoothies (VE)	Toffee Muffin (V)	Fruit Jelly (VE)	Seasonal Fruit Platter (VE)	Vanilla Cookie (VE)

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 (06246) Allergens: N/A

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

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Gluten Free Fish Fingers 01652 - Allergens- Fish

Violife Vegan Cheese (04070u) Allergens N/A



GLUTEN & DAIRY-FREE

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Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Gluten Free Bun with Wedges	BBQ Chicken with Diced Potatoes	Margherita Pizza with Potato Dippers (Gluten-free pizza base/ GF tomato sauce /Vegan Cheese)	Roast Turkey (No Yorkshire Pudding)	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo	Tomato Pasta (VE) (Use Gluten-free pasta recipe with Violife Vegan Cheese)	Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo	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 wrap with a choice of filling
Corn on the Cob	Broccoli	Sweetcorn	Peas & Carrots	Baked Beans
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
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Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza with Potato Dippers (Gluten-free pizza base/ GF tomato sauce /Vegan Cheese)	Keralan Chicken Curry with 50/50 Rice	Sticky Chicken with Savoury Rice	Roast Chicken with Mash (Simply Mash only) & Gravy	Salmon Fillet Fingers with Oven Baked Chips
Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo	Tomato Pasta (VE) (Use Gluten-free pasta recipe with Violife Vegan Cheese)	Jacket Potato with Beans(VE), (Violife Vegan Cheese) or Tuna Mayo	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 wrap with a choice of filling
Sweetcorn	Carrots	Peas	Broccoli	Baked Beans
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)

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