



GLUTEN-FREE

Week 1

24/04/23, 15/05/23, 12/06/23, 03/07/23

Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Chicken with Herby Diced Potatoes	Roast Chicken with 50/50 Rice	Roast Turkey (No Yorkshire Pudding)	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Vegetable Biryani (VE)	Gluten-free wrap with a choice of filling	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
Margherita Pizza with Wedges (Gluten-free pizza base & gluten-free tomato sauce)(V)				
Carrots	Broccoli	Cauliflower	Broccoli	Peas
Green Beans	Corn on the Cob	Peas	Cabbage	Baked Beans
Vanilla Ice Cream Tub (V)	Fruit Jelly (VE)	Strawberry Iced fruit Smoothies (VE)	Fresh Fruit Platter (VE)	Fruit Yoghurt (V)

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

Gluten Free Pizza Base (01502) 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

01/05/23, 22/05/23, 19/06/23, 10/07/23

Monday	Tuesday	Wednesday	Thursday	Friday
Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)		Sticky Chicken with Jollof Rice	Roast Chicken with Mash & Gravy	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Gluten-free wrap with a choice of filling	Cheesy Tomato Pasta (V) (Use Gluten-free Cheesy Tomato pasta recipe)
	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Sweet Potato & Chickpea Tikka Masala with Rice (VE)		
Peas	Green Beans	Broccoli	Cabbage	sweetcorn
Baked Beans	Corn on the Cob	Cauliflower	Carrots	Peas
Fruit Yoghurt (V)	Strawberry Iced fruit Smoothies (VE)	Vanilla Ice Cream Tub (V) or Fruit Yoghurt (V)	Fresh Fruit Platter (VE)	Gluten-free vanilla cookie (V)

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



GLUTEN-FREE

Week 3

17/04/23, 08/05/23, 05/06/23, 26/06/23, 17/07/23

Monday	Tuesday	Wednesday	Thursday	Friday
		Margherita Pizza with Wedges (Gluten-free pizza base & gluten-free tomato sauce)(V)	Spaghetti Bolognaise (Gluten-free pasta)	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Cheese & Potato Bake (V) (Gluten-free flour)	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	Cheesy Tomato Pasta (V) (Gluten-free pasta and no lentils)	
Gluten-free wrap with a choice of filling	Jacket Potato with Beans (VE), Cheese (V) or Tuna Mayo		Jacket Potato with Beans (VE), Cheese (V) or Tuna Mayo	Hot Cheesy Wrap Stack with Oven Baked Chips (V) (Gluten-free wrap)
Peas	Sweetcorn	Baked Beans	Broccoli	Peas
Corn on the Cob	Green Beans	Broccoli	Cauliflower	Carrots
Fruit Yoghurt (V)	Vanilla Ice Cream Tub (V)	Fresh Fruit Platter (VE)	Fruit Jelly (VE)	Gluten-free vanilla sponge (V) or Fruit Yoghurt (V)

Wrap Fillings: Hot Ham & Cheese Melt, Tuna Mayo (Cold)



DAIRY-FREE

Week 1

24/04/23, 15/05/23, 12/06/23, 03/07/23

Monday	Tuesday	Wednesday	Thursday	Friday
Golden Dippers with Wedges (VE)	BBQ Chicken with Herby Diced Potatoes	Roast Chicken with 50/50 Rice	Roast Turkey (No Yorkshire Pudding)	Breaded Fish Fingers with Oven Baked Chips
Vegetable Biryani (VE)	Freshly Baked Baguette with a Choice of Filling (White only)	Jacket Potato with Beans(VE), Vegan Cheese (Use the Violife Vegan Cheese)or Tuna Mayo	Tomato Pasta (VE) (Use Violife Vegan Cheese)	Jacket Potato with Beans(VE), Vegan Cheese (Use the Violife Vegan Cheese)or Tuna Mayo
	Rustic Italian Meatball Linguine (VE)		Mince & Onion Puff (VE)	Lightly Spiced Rogan Josh with Rice (VE)
Carrots	Broccoli	Cauliflower	Broccoli	Peas
Green Beans	Corn on the Cob	Peas	Cabbage	Baked Beans
Strawberry Iced fruit Smoothies (VE)	Fruit Jelly (VE)	Sticky Toffee Pudding (V) (No custard)	Fresh Fruit Platter (VE)	Marble Cake (V) (No custard)

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



DAIRY-FREE

Week 2

01/05/23, 22/05/23, 19/06/23, 10/07/23

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato pasta (VE) (Use Violife Vegan cheese)	Creamy Chicken Korma with Rice	Sticky Chicken with Jollof Rice	British Pork Sausage with Mash & Gravy (No Yorkshire Pudding)	Battered Fish Fillet with Oven Baked Chips
Jacket Potato with Beans(VE), Vegan Cheese (Use the Violife Vegan Cheese)or Tuna Mayo	Freshly Baked Baguette with a Choice of Filling (White only)	Jacket Potato with Beans(VE), Vegan Cheese (Use the Violife Vegan Cheese)or Tuna Mayo	Freshly Baked Baguette with a Choice of Filling (White only)	Tomato Pasta (VE) (Use Violife Vegan Cheese)
Sausage Roll with Potato Dippers (VE)	Jacket Potato with Beans(VE), Vegan Cheese (Use the Violife Vegan Cheese)or Tuna Mayo	Sweet Potato & Chickpea Tikka Masala with Rice (VE)		Mexican Style Fajita with Oven Baked Chips (VE)
Peas	Green Beans	Broccoli	Cabbage	sweetcorn
Baked Beans	Corn on the Cob	Cauliflower	Carrots	Peas
Banana Sponge (V) (No custard)	Strawberry Iced fruit Smoothies (VE)	Oaty Fruit Crunch (No Custard) (V)	Fresh Fruit Platter (VE)	Vanilla Cookie (VE)

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



DAIRY-FREE

Week 3

17/04/23, 08/05/23, 05/06/23, 26/06/23, 17/07/23

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun with Wedges	Honey Mustard Chicken with Diced Potatoes		Spaghetti Bolognese	Breaded Fish Fingers with Oven Baked Chips
	Tomato Pasta (VE) (Violife Vegan cheese)	Jacket Potato with Beans(VE), Vegan Cheese (Use Violife Vegan Cheese) or Tuna Mayo	Freshly Baked Baguette with a Choice of Filling (White only)	Spanish Style Pieces (VE) with Rice.
Crispy Country Bake Burger in a Bun with Wedges (VE)	Sausage Casserole with Diced Potatoes (VE)	Potato Dippers topped with Cauliflower & Lentil Curry (VE)	Sausage Roll with Potato Wedges (VE)	Wrap Stack with Oven Baked Chips (Use Violife Vegan Cheese) (VE)
Peas	Sweetcorn	Baked Beans	Broccoli	Peas
Corn on the Cob	Green Beans	Broccoli	Cauliflower	Carrots
Peach & Apple Crumble (No Custard) (V)	Strawberry Iced fruit Smoothies (VE)	Fresh Fruit Platter (VE)	Fruit Jelly (VE)	Orange Cookie (VE)

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



GLUTEN & DAIRY-FREE

Week 1

24/04/23, 15/05/23, 12/06/23, 03/07/23

Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Chicken with Herby Diced Potatoes	Roast Chicken with 50/50 Rice	Roast Turkey (No Yorkshire Pudding)	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Vegetable Biryani (VE)	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), (Use the Violife Vegan Cheese) or Tuna Mayo	Tomato Pasta (VE) (Use Gluten-free pasta and Violife Vegan Cheese)	Jacket Potato with Beans(VE), (Use the Violife Vegan Cheese) or Tuna Mayo
Jacket Potato with Beans(VE), (Use the Violife Vegan Cheese) or Tuna Mayo				
Carrots	Broccoli	Cauliflower	Broccoli	Peas
Green Beans	Corn on the Cob	Peas	Cabbage	Baked Beans
Strawberry Iced fruit Smoothies (VE)	Fruit Jelly (VE)	Strawberry Iced fruit Smoothies (VE)	Fresh Fruit Platter (VE)	Fresh Fruit Platter (VE)

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

Gluten Free Pizza Base (01502) 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 2

01/05/23, 22/05/23, 19/06/23, 10/07/23

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta (VE) (Use Gluten-free pasta and Violife Vegan Cheese)		Sticky Chicken with Jollof Rice	Roast Chicken with Mash & Gravy	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Jacket Potato with Beans(VE), (Use the Violife Vegan Cheese) or Tuna Mayo	Gluten-free wrap with a choice of filling	Jacket Potato with Beans(VE), (Use the Violife Vegan Cheese) or Tuna Mayo	Gluten-free wrap with a choice of filling	Tomato Pasta (VE) (Use Gluten-free pasta and Violife Vegan Cheese)
	Jacket Potato with Beans(VE), (Use the Violife Vegan Cheese) or Tuna Mayo	Sweet Potato & Chickpea Tikka Masala with Rice (VE)		
Peas	Green Beans	Broccoli	Cabbage	sweetcorn
Baked Beans	Corn on the Cob	Cauliflower	Carrots	Peas
Fresh Fruit Platter (VE)	Strawberry Iced fruit Smoothies (VE)	Fruit Jelly (VE)	Fresh Fruit Platter (VE)	Gluten-free vanilla cookie (V)

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



GLUTEN & DAIRY-FREE

Week 3				
17/04/23, 08/05/23, 05/06/23, 26/06/23, 17/07/23				
Monday	Tuesday	Wednesday	Thursday	Friday
			Spaghetti Bolognese (Gluten-free pasta)	Breaded Fish Fingers with Oven Baked Chips (Gluten-free fish fingers)
Jacket Potato with Beans(VE), (Use the Violife Vegan Cheese) or Tuna Mayo	Tomato Pasta (VE) (Use Gluten & Dairy-Free recipe)	Jacket Potato with Beans(VE), (Use the Violife Vegan Cheese) or Tuna Mayo	Gluten-free wrap with a choice of filling	
Gluten-free wrap with a choice of filling	Gluten-free wrap with a choice of filling	Gluten-free wrap with a choice of filling		Wrap Stack with Oven Baked Chips (Gluten-free wrap & Violife Vegan Cheese) (VE)
Peas	Sweetcorn	Baked Beans	Broccoli	Peas
Corn on the Cob	Green Beans	Broccoli	Cauliflower	Carrots
Fresh Fruit Platter (VE)	Strawberry Iced fruit Smoothies (VE)	Fresh Fruit Platter (VE)	Fruit Jelly (VE)	Gluten-free vanilla sponge (V)

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