

OCC School April 2026 Week 1 Egg Free Menu

Please note: Carbohydrate counts are based on information obtained from manufacturers/food suppliers and school recipes and may vary due to product substitutions and/or recipe/cooking variations. Information regarding the carbohydrate content of dishes is provided to assist dietitians, nurses & parents calculate intake for diabetic

Week 1 Monday		Allergens	Catering Notes
Option 1	Margherita Pizza (Cheese & Tomato)	Wheat, Gluten, Milk	Wholemeal Med Pizza 11inx15in
Option 2	Vegetable & Bean Chilli	None	
Option 3	Wholemeal Cheese & Tomato Sandwich	Wheat, Gluten, Soya (Bread), Milk (Cheese & Tomato Filling)	Fletchers Thick Sliced Wholemeal Bread
	Rice	None	
Sides	Sweetcorn	None	
Sides	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Dessert	Lemon Oat Cookie & Raisins	Wheat, Oats, Gluten, Sulphites, may contain barley	

Week 1 Tuesday		Allergens	Catering Notes
Option 1	Beef Bolognese	None	
Option 2	Veggie Bolognese	Soya	Arley Foods Nourish Vegan Mince (Soya)
Option 3	Baked Potato with Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Cheddar Cheese (Milk)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
	Pasta	Pasta (Wheat, Gluten)	Everyday Favourites Pasta Fusilli
Sides	Carrots	None	
Sides	Green Beans	None	
Dessert	Fresh Fruit	None	

Week 1 Wednesday		Allergens	Catering Notes
Option 1	Roast Chicken Breast	None	
Option 2	Veggie Sausage	Soya	Arleys Nourish Vegan Sausage
	Tuna & Cucumber Pasta Salad	Wheat, Gluten, Fish	
Carbs	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Egg. Chef Williams Fine Gravy Granules 319224C
Sides	Cauliflower	None	
Sides	Peas	None	
Dessert	Cherry Biscuit	Wheat, Gluten, Sulphites, may contain milk, barley, oats	

Week 1 Thursday		Allergens	Catering Notes
Option 1	Chicken Korma	Milk	
Option 2	Mac 'n' Cheese	Wheat, Gluten, Milk	
Option 3	Baked Potato with Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Cheddar Cheese (Milk)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
	Rice	None	
Sides	Sweetcorn	None	
Sides	Carrots	None	
Dessert	Fresh Fruit	None	

Week 1 Friday		Allergens	Catering Notes
Option 1	Chicken Nuggets	Wheat, Gluten	Chicken Nugget Breaded - 184153S
Option 2	Veggie Sausage Roll	Wheat, Barley, Gluten, Soya, may contain milk	Vkitn Plant Based Sausage Roll - Case (191521C)
Option 3	Breaded Salmon Wrap with Mayo & Lettuce	Wrap (Wheat, Gluten) Salmon mayo lettuce filling (Wheat, Gluten, Fish)	Vegan Mayo, Everyday Favourites Wheat Flour Tortilla 25cm (10")
Carbs	Chips or Pasta	Oven Chips (None), Fryer Chips (None), Pasta (Wheat, Gluten)	Everyday Favourites Oven Chips or Thick Cut Fry Chips 9/16, Everyday Favourites Pasta Fusilli
Sides	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Sides	Peas	None	
Dessert	Vanilla Ice Cream with Pineapple	Ice Cream (Milk), Pineapple (None)	Cheshire Creameries vanilla Ice Cream

OCC School April 2026 Week 2 Egg Free Menu

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Week 2 Monday		Allergens	Catering Notes
Option 1	Margherita Pizza (Cheese & Tomato)	Wheat, Gluten, Milk	Wholemeal Med Pizza 11inx15in
Option 2	Sweet Potato & Chickpea Curry	Milk	
Option 3	Veggie Cous Cous Salad	Wheat, Gluten, may contain soya and mustard	
	Rice	None	
Sides	Sweetcorn	None	
Sides	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Dessert	Fresh Fruit	None	

Week 2 Tuesday		Allergens	Catering Notes
Option 1	Meatballs in a tomato Sauce	Meatballs (Sulphites), Tomato Sauce (None)	GF Beef Meatballs
Option 2	Veggie Meatballs in a tomato sauce	Veggie Meatballs (Soya), Tomato Sauce (None)	Arleys Nourish Vegan Meatballs 14g
Option 3	Baked Potato with Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Cheddar Cheese (Milk)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
Carbs	Pasta	Pasta (Wheat, Gluten)	Everyday Favourites Pasta Fusilli
Sides	Peas	None	
sides	Broccoli	None	
Dessert	Ginger Biscuit	Wheat, Gluten, may contain barley,milk	

Week 2 Wednesday		Allergens	Catering Notes
Option 1	Roast LoIn of Pork	None	
Option 2	Veggie Sausage	Soya	Arleys Nourish Vegan Sausage
Option 3	Wholemeal Cheese & Tomato Sandwich	Wheat, Gluten, Soya (Bread), Milk (Cheese and tomato Filling)	Fletchers Thick Sliced Wholemeal Bread
Carbs	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Egg. Chef Williams Fine Gravy Granules 319224C
Sides	Carrots	None	
Sides	Cabbage	None	
Dessert	Shortbread with an Orange Wedge	Shortbread (Wheat, Gluten) Orange (None)	

Week 2 Thursday		Allergens	Catering Notes
Option 1	Creamy Chicken Risotto	Milk	
Option 2	Veggie Sausage Pasta	Wheat, Gluten, Soya, Milk	
Option 3	Oven Baked potato with cheese & Baked Beans	Baked Potato (None), Baked Beans (None), Cheddar Cheese (Milk)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
Sides	Green Beans	None	
Sides	Peas	None	
Dessert	Sultana & Syrup Cookie	Wheat, Gluten, May contain Milk	

Week 2 Friday		Allergens	Catering Notes
Option 1	Flipper Dippers	Wheat, Gluten, Fish	
Option 2	Veggie Samosa	Wheat, Gluten, Soya	Ckasia Sml Vegetable Samosas
Option 3	Cheese & Lettuce Wrap	Wrap (Wheat, Gluten) Cheese & lettuce (Milk)	Vegan Mayo, Everyday Favourites Wheat Flour Tortilla 25cm (10")
Carbs	French fries or Pasta	French Fries (None), Pasta (Wheat, Gluten)	Everyday Favourites Freeze Chill Julienne Fries, Everyday Favourites Pasta Fusilli
Sides	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Sides	Sweetcorn	None	
Dessert	Strawberry Ice Cream with Melon	Ice Cream (Milk), Melon (None)	Cheshire Creameries strawberry Cream. Honey Dew Melon

OCC School April 2026 Week 3 Egg Free Menu

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Week 3 Monday		Allergens	Catering Notes
Option 1	Margherita Pizza (Cheese & Tomato)	Wheat, Gluten, Milk	Wholemeal Med Pizza 11inx15in
Option 2	Spinach & Pepper Pasta	Wheat, Gluten	
Option 3	Wholemeal Cheese & Cucumber Sandwich	Wheat, Gluten, Soya (Bread), Milk (Cheese and cucumber Filling)	Fletchers Thick Sliced Wholemeal Bread
Sides	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Sides	Sweetcorn	None	
Dessert	Melting Moment with Mandarins	Melting Moment (Wheat, Oats, Gluten, May contain Barley), Mandarins (None)	

Week 3 Tuesday		Allergens	Catering Notes
Option 1	Chicken & Leek Pie	Wheat, Gluten	No egg wash on the pastry
Option 2	Sweet & Sour Vegetables (no noodles) with Rice	Sweet & Sour Vegetables (Soya) Rice (None)	No Noodles as these contain Egg
Option 3	Baked Potato with Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Cheddar Cheese (Milk)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
	New Potatoes	None	
Sides	Vegetable Medley	None	Carrots, Peas, Green Beans, Broad Beans, Sweetcorn
Sides	Broccoli	None	
Dessert	Cinnamon Cookie	Wheat, Gluten, may contain barley, Oat, Milk	

Week 3 Wednesday		Allergens	Catering Notes
Option 1	Roast Gammon	None	
Option 2	Veggie Sausage	Soya	Arleys Nourish Vegan Sausage
Option 3	Tuna & Sweetcorn Wrap	Wrap (Wheat, Gluten) Tuna Sweetcorn filling (Fish)	Vegan Mayo, Everyday Favourites Wheat Flour Tortilla 25cm (10")
Carbs	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Egg. Chef Williams Fine Gravy Granules 319224C
Sides	Peas	None	
Sides	Savoy Cabbage	None	
Dessert	Fresh Fruit	None	

Week 3 Thursday		Allergens	Catering Notes
Option 1	Pork Sausages	Wheat, Gluten, Sulphites Celery, may contain mustard and soya	EF Meat Sausage Chipolata Pork
Option 2	Veggie Sausage	Soya	Arleys Nourish Vegan Sausage
	Gravy	Gravy (None)	Chef Williams Fine Gravy Granules 319224C
Option 3	Baked Potato with Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Cheddar Cheese (Milk)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s
	Mashed Potato	Mashed Potato (Milk)	Everyday Favourites Potatoes Mashed
Sides	Carrots	None	
Sides	Cauliflower	None	
Dessert	Crunchy Cornflake Cookie	Wheat, Barley, Gluten	

Week 3 Friday		Allergens	Catering Notes
Option 1	Fish Fingers	Wheat, Gluten, Fish	Young's Fish Fingers Breaded Alaska MSC
Option 2	Veggie Samosa	Wheat, Gluten, Soya	Ckasia Sml Vegetable Samosas
Option 3	Veggie Pasta Salad	Wheat, Gluten	Vegan Mayo
Carbs	Chips or Pasta	Oven Chips (None), Fryer Chips (None), Pasta (Wheat, Gluten)	Everyday Favourites Oven Chips or Thick Cut Fry Chips 9/16, Everyday Favourites Pasta Fusilli
Sides	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Sides	Peas	None	
Dessert	Strawberry Jelly with Peaches	None	Mcdougalls Vegan Strawberry Jelly