

OCC School April 2026 Week 1 Dairy 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 dieticians, nurses & parents calculate intake for diabetic

Week 1 Monday		Allergens	Catering Notes
Option 1	Dairy Free Margherita Pizza (Vegan Cheese & Tomato)	Wheat, Oats, Gluten	Wholemeal Med Pizza 11inx15in, Vegan grated Cheese 260012S
Option 2	Vegetable & Bean Chilli	None	
Option 3	Wholemeal Egg Mayo Sandwich	Wheat, Gluten, Soya (Bread), Egg (Egg Mayo Filling)	Vegan Mayo, Fletchers Thick Sliced Wholemeal Bread. No summer County Spread as this contains Milk
Sides	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 vegan Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Vegan Cheese (Oats)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s, Vegan grated cheese Bidfood 260012S
Sides	Pasta	Pasta (Wheat, Gluten)	Everyday Favourites Pasta Fusilli
Sides	Carrots	None	
Sides	Green Beans	None	
Dessert	Iced Sprinkle Cake	Wheat, Gluten, Egg	
Week 1 Wednesday		Allergens	Catering Notes
Option 1	Roast Chicken Breast	None	
Option 2	Veggie Sausage	Soya	Arleys Nourish Vegan Sausage
Carbs	Tuna & Cucumber Pasta Salad	Wheat, Gluten, Fish	
Sides	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Milk. Chef Williams Fine Gravy Granules 319224C
Sides	Cauliflower	None	
Sides	Peas	None	
Dessert	Fresh Fruit	None	
Week 1 Thursday		Allergens	Catering Notes
Option 1	Chicken pieces in a tomato sauce	None	Gustoso Multi Use Tomato Base111246C
Option 2	Veggie Samosa	Wheat, Gluten, Soya	Ckasia Sml Vegetable Samosas
Option 3	Baked Potato with vegan Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Vegan Cheese (Oats)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s, Vegan grated cheese Bidfood 260012S
Sides	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	Soya	Arleys Nourish Vegan Sausage
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"). No summer County Spread as this contains Milk
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

OCC School April 2026 Week 2 Dairy Free Menu

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Week 2 Monday		Allergens	Catering Notes
Option 1	Dairy Free Margherita Pizza (Vegan Cheese & Tomato)	Wheat, Oats, Gluten	Wholemeal Med Pizza 11inx15in, Vegan grated Cheese 260012S
Option 2			
Option 3	Veggie Cous Cous Salad	Wheat, Gluten, may contain soya and mustard	
	Rice	None	
Sides	Sweetcorn	None	
	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Sides			
Dessert	Vanilla Sponge Cake	Wheat, gluten, Egg	

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 vegan Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Vegan Cheese (Oats)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s, Vegan grated cheese Bidfood 260012S
Carbs	Pasta	Pasta (Wheat, Gluten)	Everyday Favourites Pasta Fusilli
Sides	Peas	None	
Sides	Broccoli	None	
Dessert	Fresh Fruit	None	

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 Egg Mayo Sandwich	Wheat, Gluten, Soya (Bread), Egg (Egg Mayo Filling)	Vegan Mayo, Fletchers Thick Sliced Wholemeal Bread. No summer County Spread as this contains Milk
Carbs	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Milk. 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	Chicken pieces in a tomato sauce	None	Gustoso Multi Use Tomato Base111246C
Option 2	Veggie Sausage Pasta (with vegan cheese topping)	Wheat, Gluten, Oats Soya,,	No Cheese topping, instead use grated vegan cheese 260012S
Option 3	Baked Potato with vegan Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Vegan Cheese (Oats)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s, Vegan grated cheese Bidfood 260012S
Sides	Green Beans	None	
Sides	Peas	None	
Dessert	Fresh Fruit	None	

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	Egg Mayo & Lettuce Wrap	Wrap (Wheat, Gluten) Egg Mayo & Lettuce (Egg)	Vegan Mayo, Everyday Favourites Wheat Flour Tortilla 25cm (10"). No summer County Spread as this contains Milk
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 Jelly with Peaches	None	Mcdougalls Vegan Strawberry Jelly

OCC School April 2026 Week 3 Dairy Free Menu

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Week 3 Monday		Allergens	Catering Notes
Option 1	Dairy Free Margherita Pizza (Vegan Cheese & Tomato)	Wheat, Oats, Gluten	Wholemeal Med Pizza 11inx15in, Vegan grated Cheese 260012S
Option 2	Spinach & Pepper Pasta	Wheat, Gluten	
Option 3	Wholemeal Egg Mayo Sandwich	Wheat, Gluten, Soya (Bread), Egg (Egg Mayo Filling)	Vegan Mayo, Fletchers Thick Sliced Wholemeal Bread. No summer County Spread as this contains Milk
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	
Option 2	Sweet & Sour Veggie Noodles	Wheat, Gluten, Soya, Egg	
Option 3	Baked Potato with vegan Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Vegan Cheese (Oats)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s, Vegan grated cheese Bidfood 260012S
Sides	New Potatoes	None	
Sides	Vegetable Medley	None	Carrots, Peas, Green Beans, Broad Beans, Sweetcorn
Sides	Broccoli	None	
Dessert	Fresh Fruit	None	

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"). No summer County Spread as this contains Milk
Carbs	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Milk. Chef Williams Fine Gravy Granules 319224C
Sides	Peas	None	
Sides	Savoy Cabbage	None	
Dessert	Banana Cake	Wheat, Gluten, Egg	

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
Option 3	Gravy	Gravy (None)	Chef Williams Fine Gravy Granules 319224C
Option 3	Baked Potato with vegan Cheese or Baked Beans	Baked Potato (None), Baked Beans (None), Vegan Cheese (Oats)	Everyday Favourites Reduced Sugar & Salt Baked Beans - Case (110664C) Potato 60s, Vegan grated cheese Bidfood 260012S
Sides	New Potatoes	None	
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