

OCC School April 2026 Week 1 Gluten 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 children. This information, whilst as accurate as possible, should be considered advisory.

Week 1 Monday		Allergens	Catering Notes
Option 1	GF Margherita Pizza (Cheese & Tomato)	Pizza Topping (Milk), GF Wrap (Mustard) or GF Pizza Base (None)	Gluten Free Wrap 10.5In 277665C as base or Pizza Base 210g Approx. 11 Gluten Free 111887C
Option 2	Vegetable & Bean Chilli	None	
Option 3	Egg Mayo Gluten Free Bap	Sesame (GF Burger Bun), Egg (Egg Mayo Filling)	Vegan Mayo, Gluten Free Burger Bun 146384C
Sides	Rice	None	
Sides	Sweetcorn	None	
Sides	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Dessert	Fresh Fruit	None	

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
Sides	Gluten Free Pasta	None	Gustoso Gluten Free Penne Pasta
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	Quorn Roast	Milk, Egg	Quorn Meat Free Roast 131745C
Carbs	Tuna & Cucumber Gluten Free Pasta Salad	Fish	Gustoso Gluten Free Penne Pasta, vegan mayo
Sides	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Gluten. Chef Williams Fine Gravy Granules 319224C
Sides	Cauliflower	None	
Sides	Peas	None	
Dessert	Strawberry Jelly with Peaches	None	Mcdougalls Vegan Strawberry Jelly

Week 1 Thursday		Allergens	Catering Notes
Option 1	Chicken Korma	Milk	
Option 2	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
Option 3	Rice	None	
Sides	Sweetcorn	None	
Sides	Carrots	None	
Dessert	Fresh Fruit	None	

Week 1 Friday		Allergens	Catering Notes
Option 1	Gluten Free Battered Pollock Fillet	Fish	Pollock Fillet Battered Skinless & Boneless MSC 80-110g Gluten Free, Bidfood 151101C
Option 2	Veggie Sausage	Soya	Arleys Nourish Vegan Sausage
Option 3	Tuna Mayo Lettuce Gluten Free Wrap	Wrap (Mustard) Tuna mayo lettuce filling (Fish)	Vegan Mayo, Gluten Free Wrap 10.5In 277665C
Carbs	Chips or Gluten Free Pasta	Oven Chips (None), Fryer Chips (None), GF Pasta (None)	Everyday Favourites Oven Chips or Thick Cut Fry Chips 9/16, Gustoso Gluten Free Penne Pasta, Bidfood 255668S
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 Gluten Free Menu

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Week 2 Monday		Allergens	Catering Notes
Option 1	GF Margherita Pizza (Cheese & Tomato)	Pizza Topping (Milk), GF Wrap (Mustard) or GF Pizza Base (None)	Gluten Free Wrap 10.5In 277665C as base or Pizza Base 210g Approx. 11 Gluten Free 111887C
Option 2	Sweet Potato & Chickpea Curry	Milk	
Option 3			
	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	Gluten Free Pasta	None	Gustoso Gluten Free Penne Pasta
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	Quorn Roast	Milk, Egg	Quorn Meat Free Roast 131745C
Option 3	Cheese & Tomato Gluten free Bap	Sesame (GF Burger Bun) Milk (Cheese and tomato Filling)	Gluten Free Burger Bun 146384C
Carbs	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Gluten. Chef Williams Fine Gravy Granules 319224C
Sides	Carrots	None	
Sides	Cabbage	None	
Dessert	Strawberry Jelly with Peaches	None	Mcdougalls Vegan Strawberry Jelly

Week 2 Thursday		Allergens	Catering Notes
Option 1	Creamy Chicken Risotto	Milk	
Option 2	Veggie Sausage Gluten Free Pasta Bake	Soya, Milk	Gustoso Gluten Free Penne Pasta, Bidfood 255668S
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	Fresh Fruit	None	

Week 2 Friday		Allergens	Catering Notes
Option 1	Gluten Free Battered Pollock Fillet	Fish	Boneless MSC 80-110g Gluten Free, Bidfood 151101C
Option 2	Veggie Sausage	Soya	Arleys Nourish Vegan Sausage
Option 3	Egg Mayo & Lettuce Gluten Free Wrap	GF Wrap (Mustard) Egg Mayo & lettuce (Egg)	Gluten Free Wrap 10.5In 277665C
Carbs	French fries or Gluten Free Pasta	French Fries (None), GF Pasta (None)	Everyday Favourites Freeze Chill Julienne Fries, Gustoso Gluten Free Penne Pasta, Bidfood 255668S
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 Gluten Free Menu

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Week 3 Monday		Allergens	Catering Notes
Option 1	GF Margherita Pizza (Cheese & Tomato)	Pizza Topping (Milk), GF Wrap (Mustard) or GF Pizza Base (None)	Gluten Free Wrap 10.5In 277665C as base or Pizza Base 210g Approx. 11 Gluten Free 111887C
Option 2	Spinach & Pepper Gluten Free Pasta	None	Gustoso Gluten Free Penne Pasta
Option 3	Cheese & Cucumber Gluten Free Bap	Sesame (GF Burger Bun), Milk (Cheese and cucumber Filling)	Gluten Free Burger Bun 146384C
Sides	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Sides	Sweetcorn	None	
Dessert	Fresh Fruit	None	

Week 3 Tuesday		Allergens	Catering Notes
Option 1	Chicken & Leek Pie base (No pastry)	None	The pie base does not contain gluten so take a portion of pie before the pastry is added.
Option 2	Sweet & Sour Vegetables (no noodles) with Rice	Sweet & Sour Vegetables (Soya) Rice (None)	No Noodles as these contain wheat, gluten
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	Fresh Fruit	None	

Week 3 Wednesday		Allergens	Catering Notes
Option 1	Roast Gammon	None	
Option 2	Quorn Roast	Milk, Egg	Quorn Meat Free Roast 131745C
Option 3	Tuna & Sweetcorn Gluten Free Wrap	Gluten free Wrap (Mustard) Tuna Sweetcorn filling (Fish)	Vegan Mayo, Gluten Free Wrap 10.5In 277665C
Carbs	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Gluten. 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	Gluten Free Pork Sausages	Soya, Sulphites	Gluten Free Pork Sausage 8'S 198761C
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	
	Cauliflower		
Sides		None	
Dessert	Fresh Fruit	None	

Week 3 Friday		Allergens	Catering Notes
Option 1	Gluten Free Battered Pollock Fillet	Fish	Pollock Fillet Battered Skinless & Boneless MSC 80-110g Gluten Free, Bidfood 151101C
Option 2	Veggie Sausage	Soya	Arleys Nourish Vegan Sausage
Option 3	Veggie Gluten Free Pasta Salad	None	Vegan Mayo, Gustoso Gluten Free Penne Pasta, Bidfood 255668S
Carbs	Chips or Gluten Free Pasta	Oven Chips (None), Fryer Chips (None), GF Pasta (None)	Everyday Favourites Oven Chips or Thick Cut Fry Chips 9/16, Gustoso Gluten Free Penne Pasta, Bidfood 255668S
Sides	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Sides	Peas	None	
Dessert	Strawberry Jelly with Peaches	None	McDougal's Vegan Strawberry Jelly