

OCC School Estimated Nutrition Information October 2026 Week 3 Dairy Free Menu

Please note: Carbohydrate counts and nutrition information 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

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 and Potato Curry	None	
	Tuna Mayo & Cucumber Wrap	Wrap (Wheat, Gluten), Fish (Tuna Mayo and cucumber Filling)	Everyday Favourites Wheat Flour Tortilla 25cm (10"). No summer County Spread as this contains Milk
Option 3			
Carbs	Rice	None	
	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Sides	Peas	None	
Sides			
Dessert	Melting Moment with Mandarins	Melting Moment (Wheat, Oats, Gluten, May contain Barley), Mandarins (None)	

Week 3 Tuesday		Allergens	Catering Notes
Option 1	Pork Sausages	Wheat, Gluten, Sulphites, Celery, may contain mustard and soya	EF Meat Sausage Chipolata Pork
Option 2	Veggie Sausages	Soya	Arleys Nourish Vegan Sausage
	Gravy	Gravy (None)	Everyday Favourites Gluten Free Fine Gravy Granules 111188C
	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. No summer County Spread as this contains Milk
Option 3	New Potatoes	None	
	Cabbage	None	
Sides			
Sides	Carrots	None	
Dessert	Fresh Fruit	None	

Week 3 Wednesday		Allergens	Catering Notes
Option 1	Roast Chicken Breast	None	
Option 2	Veggie Sausages	Soya	Arleys Nourish Vegan Sausage
Option 3	Tuna & Sweetcorn Pasta Salad	wheat, Gluten, Fish	vegan mayo
	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Milk. Everyday Favourites Gluten Free Fine Gravy Granules 111188C
Carbs	Cauliflower	None	
Sides	Green Beans	None	
Sides			
Dessert	Lemon Oat Cookie	Wheat, Oats, Gluten , sulphites, may contain barley	

Week 3 Thursday		Allergens	Catering Notes
Option 1	Beef Bolognese	None	
Option 2	Veggie Bolognese	Soya	Arley Foods Nourish Vegan Mince (Soya)
	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. No summer County Spread as this contains Milk
Option 3	Twisty Pasta	Wheat, Gluten	Everyday Favourites Pasta Fusilli
Sides	Carrots	None	
Sides	Peas	None	
Dessert	Iced Sprinkle Cake	Wheat, Gluten, Egg	

Week 3 Friday		Allergens	Catering Notes
Option 1	Flipper Dippers	Wheat, Gluten, Fish	
Option 2			
	Wholemeal Egg Mayo and lettuce Sandwich	Wheat, Gluten, Soya (Bread), Egg (Egg Mayo Filling)	Vegan Mayo, Fletchers Thick Sliced Wholemeal Bread. No summer County Spread as this contains Milk
Option 3			
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
	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Sides			
Sides	Sweetcorn	None	
Dessert	Strawberry Jelly with Mandarins	None	Mcdougalls Vegan Strawberry Jelly