

OCC School Estimated Nutrition Information October 2026 Week 1 Egg 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 dieticians, 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	Margherita Pizza (Cheese & Tomato)	Wheat, Gluten, Milk	Wholemeal Med Pizza 11inx15in
Option 2	Herby Tomato Pasta	Wheat, Gluten	
Option 3	Rainbow Rice Salad	None	
Sides	Peas	None	
Sides	Baked Beans	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Dessert	Ginger Biscuit	Wheat, Gluten, may contain barley,Oats, milk	
Week 1 Tuesday		Allergens	Catering Notes
Option 1	Cajun Beef and Bean Tortilla	Tortilla (Wheat, gluten) Beef and Bean filling (mustard), Cheese (Milk)	Everyday Favourites Wheat Flour Tortilla 15cm (6") 111905C
Option 2	Cajun Vegetable and Bean Tortilla	Tortilla (Wheat, gluten) Veggie and Bean filling (soya, mustard), Cheese (Milk)	Everyday Favourites Wheat Flour Tortilla 15cm (6") 111905C
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	Mixed Salad	None	Carrot, Lettuce, Tomato, Cucumber
Sides	Sweetcorn	None	
Dessert	Fresh Fruit	None	
Week 1 Wednesday		Allergens	Catering Notes
Option 1	Roast Loin of Pork	None	
Option 2	Veggie Sausages	Soya	Arleys Nourish Vegan Sausage
	Wholemeal Tuna and Cucumber Sandwich	Wheat, Gluten, Soya (Bread), Fish (Tuna and cucumber Filling)	Fletchers Thick Sliced Wholemeal Bread. Vegan mayo
Carbs	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Egg. Everyday Favourites Gluten Free Fine Gravy Granules 111188C
Sides	Cabbage	None	
Sides	Carrots	None	
Dessert	Chewy Vanilla Cookie	Wheat, Gluten, may contain milk, barley, oats	
Week 1 Thursday		Allergens	Catering Notes
Option 1	Sticky BBQ Chicken	None	
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
Sides	Rice	None	
Sides	Broccoli	None	
Sides	Vegetable Medley	None	Carrots, Peas, Green Beans, Broad Beans, Sweetcorn
Dessert	Flapjack with Raisins	Flapjack (Oats, Gluten, may contain wheat & barley) Raisins (None)	
Week 1 Friday		Allergens	Catering Notes
Option 1	Fish Fingers	Wheat, Gluten, Fish	Young's Fish Fingers Breaded Alaska MSC
Option 2	Veggie Sausage Roll	Wheat, Barley, Gluten, Soya, may contain milk	Vkitn Plant Based Sausage Roll - Case (191521C)
Option 3	Cheddar Cheese, Tomato and onion pasta salad	Wheat, Gluten, Milk	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	Sweetcorn	None	Everyday Favourites Beans Baked Reduced Sugar & Salt- Each (110664S)
Sides	Peas	None	
Dessert	Strawberry Ice Cream with Pineapple	Ice Cream (Milk), Pineapple (None)	Cheshire Creameries strawberry Cream