OCC School Estimated Nutrition Information October 2026 Week 1 Gluten 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	GF Margherita Pizza (Cheese & Tomato)	Pizza Topping (Milk), GF Wrap (may contain 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	Herby Tomato Gluten Free Pasta	None	Gustoso Gluten Free Penne Pasta
Option 3	Rainbow Rice Salad	None	
Sides	Peas	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	Cajun Beef and Bean Gluten FreeTortilla	GF Tortilla (may contain mustard) Beef and Bean filling (mustard), Cheese (Milk)	Gluten Free Wrap 10.5In 277665C
Option 2	Cajun Vegetable and Bean Gluten Free Tortilla	GF Tortilla (may contain mustard) Veggie and Bean filling (soya, mustard), Cheese (Milk)	Gluten Free Wrap 10.5In 277665C
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	Quorn Roast	Milk, Egg	Quorn Meat Free Roast 131745C
	Tuna and Cucumber Gluten free Bap	Sesame (GF Burger bun), Fish (Tuna and cucumber Filling)	Gluten Free Burger Bun 146384C
Carbs	Roast Potatoes & Gravy	Roast Potatoes (None), Gravy (None)	No Yorkshire Pudding as this contains Gluten. Everyday Favourites Gluten Free Fine Gravy Granules 111188C
Sides	Cabbage	None	
Sides	Carrots	None	
Dessert	Fresh Fruit	None	

	Week 1 Thursday	Allergens	Catering Notes
Option 1	Sticky BBQ Chicken	None	
Option 2			
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	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 Sausages	Soya	Arleys Nourish Vegan Sausage
Option 3	Cheddar Cheese, Tomato and onion Gluten Free pasta salad	Milk	Gustoso Gluten Free Penne Pasta
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
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