Delish! by HES Catering

GLUTEN-FREE

Week 1				
03/11/25, 24/11/25, 15/12/25, 19/01/26, 09/02/26, 09/03/26				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Gluten-Free Roll with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V) or Cheese & Beans	**Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	**Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo
Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)
Chicken Meatballs in Tomato Sauce with Potato Wedges	Margherita Pizza (**Use Gluten-free Recipe**) with Potato Wedges (V)	Lamb Filled **Gluten-Free Wrap** with Mint Mayo, Salad & Diced Potatoes	Sticky Chicken with 50/50 Rice	**Gluten Free** Fish Fingers with Oven Baked Chips
Broccoli	Baked Beans or Peas	Carrots	Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Vanilla Ice Cream (V) or Fresh Fruit	Fruit Jelly (VE) (V) or Fresh Fruit	**GF Vanilla Sponge(V)** or Fresh Fruit (VE)	Fruit Yoghurt (V), Fresh Fruit Platter (VE)	Iced fruit Smoothies (VE), Fresh Fruit (VE)
Gluten Free Wrap or Roll Fillings: Ham, Cheese, Tuna Mayo (Cold)				

Gluten Free Pizza Base (11306) Allergens: N/A
Gluten Free Roll (01051) Allergens: EGG
Gluten Free Wrap (11771) Allergens: N/A
Gluten Free Pasta (10327u) Allergens: N/A

Gluten Free Flour Self Raising (01493)
Gluten Free Flour Plain (01492)
Gluten Free Fish Fingers 01652 - Allergens- Fish
Violife Vegan Cheese (04070u) Allergens N/A

Delish! by HES Catering

GLUTEN-FREE

Week 2

10/11/25, 01/12/25, 05/01/26, 26/01/26, 23/02/26, 16/03/26

Monday	Tuesday	Wednesday	Thursday	Friday
		Shepherd's Pie (VE)		Mexican Style Burrito (VE) **Use Gluten Free Wrap** with Oven Baked Chips
Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	**Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V) or Cheese & Beans	**Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo
Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)
Beef Burger in a **GF Bun** with Potato Wedges		Margherita Pizza (**Use Gluten-free Recipe**) with Diced Potatoes (V)	Chicken Biryani	**Gluten Free** Fish Fingers with Oven Baked Chips
Sweetcorn	Broccoli	Carrots	Cauliflower	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Strawberry & Vanilla Mousse (V) or Fresh Fruit (VE)	**GF Vanilla Sponge & Custard (V)** or Fresh Fruit (VE)	Fruit Yoghurt (V), Fresh Fruit Platter (VE)	Iced fruit Smoothies (VE) or Fruit Jelly (VE) or Fresh Fruit (VE)	**GF Cookie** (V) or Fresh Fruit (VE)

Gluten Free Wrap or Roll Fillings: Ham, Cheese, Tuna Mayo (Cold)

Delish! by HES Catering

GLUTEN-FREE

Week 3

17/11/25, 08/12/25, 12/01/26, 02/02/26, 02/03/26, 23/03/26

Monday	Tuesday	Wednesday	Thursday	Friday
			Vegetable Keralan Curry with 50/50 Rice (VE)	Hot Cheesy Wrap Stack with Oven Baked Chips (V) **(Use Gluten-Free Wraps)**
Gluten-Free Roll with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V) or Cheese & Beans	**Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo	**Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo
Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)
	Margherita Pizza with Potato Wedges (**Gluten-free pizza base & GF tomato sauce**)(V)	Roast Chicken with Roast Potatoes (No Yorkshire Pudding)	BBQ Chicken with 50/50 Rice	**Gluten Free** Fish Fingers with Oven Baked Chips
Green Beans	Broccoli	Carrots	Sweetcorn	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fresh Fruit (VE) or Iced Fruit Smoothie(VE)	Fruit Jelly (VE) or Fresh Fruit (VE)	**GF** Vanilla Sponge with Custard (V) or Fresh Fruit (VE)	Fruit Yoghurt (V), Fresh Fruit Platter (VE)	**GF Cookie** (V) or Iced Fruit Smoothies (VE) or Fresh Fruit (VE)

Gluten Free Wrap or Roll Fillings: Ham, Cheese, Tuna Mayo (Cold)

Delish! by HES Catering

DAIRY-FREE

Week 1				
03/11/25, 24/11/25, 15/12/25, 19/01/26, 09/02/26, 09/03/26				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Mince & Onion Puff , Gravy & Potato Wedges (VE)		Sausage Roll with Diced Potatoes (VE)		Quorn Sausages with Oven Baked Chips (VE)
Freshly Baked Baguette with a Choice of Filling **(White Baguette only)**	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**)	Freshly Baked Baguette with a Choice of Filling **(White Baguette only)**	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) or Tuna Mayo	Freshly Baked Baguette with a Choice of Filling **(White Baguette only)**
Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**
Chicken Meatballs in Tomato Sauce with Potato Wedges	Margherita Pizza with Potato Dippers **(Gluten-free pizza base & Vegan Cheese)**(VE)	Lamb Grill with Naan, Mint Mayo, Salad & Diced Potatoes	Sticky Chicken with 50/50 Rice	Breaded Fish Fingers with Oven Baked Chips
Broccoli	Baked Beans or Peas	Carrots	Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced fruit Smoothies (VE) or Fresh Fruit	Fruit Jelly (VE) (V) or Fresh Fruit	Sticky Toffee Pudding (No Custard) or Fresh Fruit (VE)	Iced Fruit Smoothie(VE) or Seasonal Fruit Platter (VE)	Banana Muffin (V) or Fresh Fruit
Baguette Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)				

Gluten Free Pizza Base (11306) Allergens: N/A
Gluten Free Roll (01051) Allergens: EGG
Gluten Free Wrap (11771) Allergens: N/A
Gluten Free Pasta (10327u) Allergens: N/A

Gluten Free Flour Self Raising (01493)
Gluten Free Flour Plain (01492)
Gluten Free Fish Fingers 01652 - Allergens- Fish
Violife Vegan Cheese (04070u) Allergens N/A

Delish! by HES Catering

DAIRY-FREE

Week 2

10/11/25, 01/12/25, 05/01/26, 26/01/26, 23/02/26, 16/03/26

Monday	Tuesday	Wednesday	Thursday	Friday
Country Bake Burger in a Bun with Potato Wedges (VE)		Shepherd's Pie (VE)	Sausage Roll with Potato Wedges (VE)	Mexican Style Burrito with Oven Baked Chips (VE)
Jacket Potato with Beans(VE), Cheese VE (**Use Vegan Cheese**) or Tuna Mayo	Freshly Baked Baguette with a Choice of Filling **(White Baguette only) Use Vegan Cheese**	Jacket Potato with Beans(VE), Cheese VE (**Use Vegan Cheese**)	Freshly Baked Baguette with a Choice of Filling **(White Baguette only) Use Vegan Cheese**	Jacket Potato with Beans(VE), Cheese VE (**Use Vegan Cheese**) or Tuna Mayo
Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**
Beef Burger in a Bun with Potato Wedges	Crispy Chicken Nuggets with Potato Dippers	Margherita Pizza with Diced Potatoes **(Gluten-free pizza base & Vegan Cheese)**(VE)	Chicken Biryani	Breaded Fish Fingers with Oven Baked Chips
Sweetcorn	Broccoli	Carrots	Cauliflower	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced Fruit Smoothie (VE) or Fresh Fruit (VE)	GF Vanilla Sponge (V) NO Custard or Fresh Fruit (VE)	Iced Fruit Smoothie (VE) or Seasonal Fruit Platter (VE)	Fresh Fruit (VE) or Fruit Jelly (VE)	Vanilla Cookie (V) or Fresh Fruit (VE)

Baguette Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)

Delish! by HES Catering

DAIRY-FREE

Week 3

17/11/25, 08/12/25, 12/01/26, 02/02/26, 02/03/26, 23/03/26

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage with Mash **(Simply Mash only)** & Gravy (VE)	Quorn Dippers with Potato Wedges (VE)	Crisy Vegetable Fingers with Roast Potatoes (VE)	Vegetable Keralan Curry with 50/50 Rice (VE)	Hot Cheesy Wrap Stack with Oven Baked Chips (V) **(Use Vegan Cheese)**
Freshly Baked Baguette with a Choice of Filling **(White Baguette only) Use Vegan Cheese**	Jacket Potato with Beans(VE), Cheese (**Use Vegan Cheese**)	Freshly Baked Baguette with a Choice of Filling **(White Baguette only) Use Vegan Cheese**	Jacket Potato with Beans(VE), Cheese VE (**Use Vegan Cheese**) or Tuna Mayo	Freshly Baked Baguette with a Choice of Filling **(White Baguette only) Use Vegan Cheese**
Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Violife Vegan Cheese)**
British Pork Sausage with Mash (**Simply Mash only**) & Gravy	Margherita Pizza with Potato Wedges **(Gluten-free pizza base & Vegan Cheese)**(VE)	Roast Chicken with Roast Potatoes (No Yolkshire Pudding)	BBQ Chicken with 50/50 Rice	Breaded Fish Fingers with Oven Baked Chips
Green Beans	Broccoli	Carrots	Sweetcorn	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced fruit Smoothies (VE) or Fresh Fruit (VE)	Fruit Jelly (VE) or Fresh Fruit (VE)	Vanilla Sponge (**NO CUSTARD**) (V) or Fresh Fruit (VE)	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE)	Vanilla Cookie (V) or Fresh Fruit (VE)

Baguette Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)

Delish! by HES Catering

GLUTEN & DAIRY-FREE

Week 1

03/11/25, 24/11/25, 15/12/25, 19/01/26, 09/02/26, 09/03/26

Monday	Tuesday	Wednesday	Thursday	Friday
Gluten-free Roll with a choice of Filling (**Use Vegan Cheese**)	Jacket Potato with Beans(VE), Cheese (**Use the Vegan Cheese**)	**Gluten-free Roll** with a choice of Filling (**Use Vegan Cheese**)	Jacket Potato with Beans(VE), **(Vegan Cheese**) or Tuna Mayo	**Gluten-free Roll** with a choice of Filling (**Use Vegan Cheese**)
Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) (Use **(Gluten-free pasta recipe with Violife Vegan Cheese)**
Chicken Meatballs in Tomato Sauce with Potato Wedges	Margherita Pizza with Potato Wedges **(Use Gluten & Dairy Free Pizza Recipe)**(VE)	Lamb Filled **Gluten-Free Wrap** with Mint Mayo, Salad & Diced Potatoes	Sticky Chicken with 50/50 Rice	**Gluten Free** Fish Fingers with Oven Baked Chips
Broccoli	Baked Beans or Peas	Carrots	Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced Fruit Smoothies (VE) or Fresh Fruit	Iced Fruit Smoothies (VE) or Fruit Jelly (VE) (V) or Fresh Fruit	**GF Vanilla Sponge(V)** No Custard or Fresh Fruit (VE)	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE)	**GF Cookie** (V) or Fresh Fruit (VE)

Gluten Free Wrap or Roll Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)

Gluten Free Pizza Base (11306) Allergens: N/A
Gluten Free Roll (01051) Allergens: EGG
Gluten Free Wrap (11771) Allergens: N/A
Gluten Free Pasta (10327u) Allergens: N/A

Gluten Free Flour Self Raising (01493)
Gluten Free Flour Plain (01492)
Gluten Free Fish Fingers 01652 - Allergens- Fish
Violife Vegan Cheese (04070u) Allergens N/A

Delish! by HES Catering

GLUTEN & DAIRY-FREE

Week 2

10/11/25, 01/12/25, 05/01/26, 26/01/26, 23/02/26, 16/03/26

Monday	Tuesday	Wednesday	Thursday	Friday
		Shepherd's Pie (VE)		Mexican Style Burrito (VE) **Use Gluten Free Wrap** with Oven Baked Chips
Jacket Potato with Beans(VE), (**Violife Vegan Cheese**) or Tuna Mayo	**Gluten-free Roll** with a choice of Filling **(use Violife Vegan Cheese)**	Jacket Potato with Beans(VE), (**Violife Vegan Cheese**)	**Gluten-free Roll** with a choice of Filling **(use Violife Vegan Cheese)**	Jacket Potato with Beans(VE), (**Violife Vegan Cheese**) or Tuna Mayo
Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) (Use **(Gluten-free pasta recipe with Violife Vegan Cheese)**
Beef Burger in a **GF Bun** with Potato Wedges		Margherita Pizza with Potato Wedges **(Use Gluten & Dairy Free Pizza Recipe)**(VE)	Chicken Biryani	**Gluten Free** Fish Fingers with Oven Baked Chips
Sweetcorn	Broccoli	Carrots	Cauliflower	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced Fruit Smoothie (VE) or Fresh Fruit (VE)	**GF Vanilla Sponge(V)** No Custard or Fresh Fruit (VE)	Iced Fruit Smoothie (VE) or Seasonal Fruit Platter (VE)	Fresh Fruit or Fruit Jelly (VE)	**GF Cookie** (V) or Fresh Fruit (VE)

Gluten Free Wrap or Roll Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)

Delish! by HES Catering

GLUTEN & DAIRY-FREE

Week 3

17/11/25, 08/12/25, 12/01/26, 02/02/26, 02/03/26, 23/03/26

Monday	Tuesday	Wednesday	Thursday	Friday
			Vegetable Keralan Curry with 50/50 Rice (VE)	Hot Cheesy Wrap Stack with Oven Baked Chips (V) **(Use Gluten Free Wrap & Violife Vegan Cheese)**
Gluten-free Roll with a choice of Filling (Use **Vegan Cheese**)	Jacket Potato with Beans(VE), (**Vegan Cheese**)	**Gluten-free Roll** with a choice of Filling (Use **Vegan Cheese**)	Jacket Potato with Beans(VE), (**Violife Vegan Cheese**) or Tuna Mayo	**Gluten-free Roll** with a choice of Filling (Use **Vegan Cheese**)
Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) **(Use Gluten-free pasta recipe with Violife Vegan Cheese)**	Cheesy Tomato Pasta (VE) (Use **(Gluten-free pasta recipe with Violife Vegan Cheese)**
	Margherita Pizza with Potato Wedges **(Gluten-free pizza base & Vegan Cheese)**(VE)	Roast Chicken with Roast Potatoes (No Yorkshire Pudding)	BBQ Chicken with 50/50 Rice	**Gluten Free** Fish Fingers with Oven Baked Chips
Green Beans	Broccoli	Carrots	Sweetcorn	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced fruit Smoothies (VE) or Fresh Fruit (VE)	Fruit Jelly (VE) or Fresh Fruit	**GF** Vanilla Sponge (V) **(No Custard)** or Fresh Fruit	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie (VE)	**GF Cookie** (V) or Fresh Fruit (VE)

Gluten Free Wrap or Roll Fillings: Ham, Violife Vegan Cheese or Tuna Mayo (Cold)