Delish! by HES Catering

GLUTEN-FREE

Week 1				
13/04/26, 04/05/26, 01/06/26, 22/06/26, 13/07/26, 07/09/26, 28/09/26, 19/10/26				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
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)**
Gluten-Free Roll with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V)	**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
	Margherita Pizza (**Gluten-free pizza base & GF tomato sauce**)(V)	Beef Bolognaise Pasta (VE) **GF Pasta**	Sticky Chicken with 50/50 Rice	**Gluten Free** Fish Fingers with Oven Baked Chips
Peas	Baked Beans or Sweetcorn	Broccoli	Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Smoothie (VE) or Fresh Fruit (VE)	Fruit Jelly (VE), Fresh Fruit (VE)	Fruit Platter or Wibble Mousse (V)	Smoothie or Fresh Fruit (VE)	GF Sponge or 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

20/04/26, 11/05/26, 08/06/26, 29/06/26, 20/07/26, 14/09/26, 05/10/26

Monday	Tuesday	Wednesday	Thursday	Friday
Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Moroccan Tortilla Wrap (VE) **Use Gluten Free Wrap**	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Hot Cheesy Wrap Stack with Oven Baked Chips (V) **(Use Gluten-Free Wraps)**
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 Tuna Mayo	**Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese(V) or Tuna Mayo
Beef Burger in a **Gluten Free Bun** with Wedges		Margherita Pizza (**Gluten-free pizza base & GF tomato sauce**)(V)	Keralan Chicken Curry with 50/50 Rice	**Gluten Free** Fish Fingers with Oven Baked Chips
Sweetcorn	Broccoli	Carrots	Green Beans	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Strawberry &Vanilla Swirl(V) or Fresh fruit (VE)	Fresh Fruit (VE) or Pineapple & Mango Muffin (V) **GF Recipe**	Fruit Jelly or Fresh Fruit (VE)	Fresh Fruit (VE) or Wibble Mousse (V)	**GF Cookie** (V) or 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 3

27/04/26, 18/05/26, 15/07/26, 06/07/26, 31/08/26, 21/09/26, 12/10/26

Monday	Tuesday	Wednesday	Thursday	Friday
Vegan Meatballs (VE) (**Use Gluten-free Cheesy Tomato pasta recipe**) with **GF** Pasta	Gluten Free Vegetable Goujons **with Wedges** (VE)	Creamy Vegetable Korma with 50/50 Rice	Cheesy Tomato Pasta (V) (**Use Gluten-free Cheesy Tomato pasta recipe**)	Mexican Style Enchilada (VE) **Gluten Free Wrap & Tomato sauce** with oven baked Chips
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 with Potato Wedges	Jacket Potato with Beans(VE), Cheese(V) or Cheese & Beans	**Gluten-Free Roll** with Ham, Cheese(V) or Tuna Mayo with Potato Wedges
	Margherita Pizza (**Gluten-free pizza base & GF tomato sauce**)(V)	BBQ Chicken with Rice	Plain Chicken in a **Gluten Free Bun** with Wedges	**Gluten Free** Fish Fingers with Oven Baked Chips
Green Beans	Sweetcorn	Carrots	Broccoli	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced fruit Smoothies (VE) or Fresh Fruit (VE)	**GF** Tutti Fruitti Cake or Fresh Fruit (VE)	Wibble Mousse (V) or Fresh Fruit (VE)	Fresh Fruit (VE) or Fruit Jelly (VE)	**GF Lemon Drizzle Cake** or 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

DAIRY-FREE

Week 1

13/04/26, 04/05/26, 01/06/26, 22/06/26, 13/07/26, 07/09/26, 28/09/26, 19/10/26

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Bean Puff (VE) with Diced Potatoes	Spiced Quorn Fajita with Potato Wedges	Sausage Roll with Potato Dippers (VE)	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese**)	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese**)
Freshly Baked Baguette with a Choice of Filling **(White baguette only)Use the Violife Vegan Cheese**	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**)	Freshly Baked Baguette with a Choice of Filling **(White baguette only)Use the Violife Vegan Cheese**	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**)	Freshly Baked Baguette with a Choice of Filling **(White baguette only)Use the Violife Vegan Cheese**
Crispy Chicken Nuggets with Diced Potatoes	Margherita Pizza with Pasta **(use Gluten-free pizza base & Violife Vegan Cheese)**(VE)	Beef Spaghetti Bolognaise	Sticky Chicken With 50/50 Rice	Breaded Fish Fingers with Oven Baked Chips
Peas	Baked Beans or Sweetcorn	Broccoli	Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced Fruit Smootie (VE) Or Fresh Fruit (VE)	Fruit Jelly (VE) or Seasonal Fruit Platter (VE)	Iced fruit Smoothies (VE) or Fresh Fruit (VE)	Iced fruit Smoothies (VE) or Fresh Fruit (VE)	Banoffee Sponge (V) or Fresh Fruit (VE)

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

20/04/26, 11/05/26, 08/06/26, 29/06/26, 20/07/26, 14/09/26, 05/10/26

Monday	Tuesday	Wednesday	Thursday	Friday
Quorn Sausage (VE) with Potato Dippers	Golden Dippers with Potato Wedges (VE)	Moroccan Tortilla Pocket with Diced Potatoes (VE)	Sausage Roll with Potato Wedges(VE)	Hot Cheesy Wrap Stack with Oven Baked Chips (V) **(Use Violife Vegan Cheese)**
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)Use the Violife Vegan Cheese**	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**)	Freshly Baked Baguette with a Choice of Filling **(White baguette only)Use the Violife Vegan Cheese**	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) or Tuna Mayo
Beef Burger in a Bun with Potato Dippers	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese**)	Margherita Pizza with Pasta **(use Gluten-free pizza base & Violife Vegan Cheese)**(VE)	Keralan Chicken Curry with 50/50 Rice	Breaded Fish Fingers with Oven Baked Chips
Sweetcorn	Broccoli	Carrots	Green Beans	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced Fruit Smoothie (VE) or Fresh Fruit (VE)	Mango & Pineapple Muffin (V) or Fresh Fruit (VE)	Fruit Jelly (VE) or Fresh Fruit (VE)	Iced Fruit Smoothie (VE) or Fresh Fruit (VE)	Vanilla Cookie(VE) or Fresh Fruit (VE)

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 3

27/04/26, 18/05/26, 15/07/26, 06/07/26, 31/08/26, 21/09/26, 12/10/26

Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs in a Rustic Tomato Sauce with Pasta (VE)	Vegetable Goujons with Potato Dippers	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Quorn & Vegetable Biryani (VE)	Mexican Style Enchilada 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 Violife Vegan Cheese**)	Freshly Baked Baguette with a Choice of Filling **(White baguette only)**
British Pork Sausage with Mash (**Simply Mash only**) & Onion Gravy	Margherita Pizza with Pasta **(use Gluten-free pizza base & Violife Vegan Cheese)**(VE)	BBQ Chicken with 50/50 Rice	Chicken Burger (non-halal only) with Potato Wedges	Breaded Fish Fingers with Oven Baked Chips
Green Beans	Sweetcorn	Carrots	Broccoli	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE)	Tutti Fruitti Sponge (V) or Fresh Fruit (VE)	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE)	Fruit Jelly (VE) or Fresh Fruit (VE)	Lemon Drizzle Cake (V) or Fresh Fruit (VE)

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

GLUTEN & DAIRY-FREE

Week 1				
13/04/26, 04/05/26, 01/06/26, 22/06/26, 13/07/26, 07/09/26, 28/09/26, 19/10/26				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)
Gluten-Free Roll with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**)	**Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**)	**Gluten-Free Roll** with Ham**, Violife Vegan Cheese**(VE) or Tuna Mayo
	Margherita Pizza with Wedges **(use Gluten-free pizza base & Violife Vegan Cheese)**	Beef Bolognaise Pasta (VE) **GF Pasta**	Sticky Chicken With 50/50 Rice	**Gluten Free** Fish Fingers with Oven Baked Chips
Peas	Baked Beans or Sweetcorn	Broccoli	Green Beans	Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced fruit Smoothies (VE) or Fresh Fruit (VE)	Fruit Jelly (VE) or Seasonal Fruit Platter (VE)	Iced fruit Smoothies (VE) or Fresh Fruit (VE)	Iced fruit Smoothies (VE) or Fresh Fruit (VE)	Vanilla Sponge **GF** (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

20/04/26, 11/05/26, 08/06/26, 29/06/26, 20/07/26, 14/09/26, 05/10/26

Monday	Tuesday	Wednesday	Thursday	Friday
Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Moroccan Tortilla Pocket (**GF Wrap**) with Diced Potatoes	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Hot Cheesy Wrap Stack with Oven Baked Chips(V)**(Use Violife Vegan Cheese & GF Wrap)**
Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) or Tuna Mayo	**Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**)	**Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**) or Tuna Mayo
Beef Burger in a **Gluten Free Bun** with Wedges		Margherita Pizza with Pasta **(use Gluten-free pizza base & Violife Vegan Cheese)**(VE)	Keralan Chicken Curry with 50/50 Rice	**Gluten Free** Fish Fingers with Oven Baked Chips
Sweetcorn	Broccoli	Carrots	Green Beans	Peas 0r Baked Beans
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Iced Fruit Smoothie (VE) or Fresh Fruit (VE)	**GF recipe** Muffin (V) or Fresh Fruit (VE)	Fruit Jelly (VE) or Fresh Fruit (VE)	Iced Fruit Smoothie (VE) or Fresh Fruit (VE)	**GF** Vanilla Cookie(VE) 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 3

27/04/26, 18/05/26, 15/07/26, 06/07/26, 31/08/26, 21/09/26, 12/10/26

Monday	Tuesday	Wednesday	Thursday	Friday
Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Gluten Free Vegetable Goujons **with Wedges** (VE)	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Cheesy Tomato Pasta (VE) (**Use Violife Vegan Cheese and GF Pasta**)	Mexican Style Enchilada (**GF Wrap & Tomato sauce**) with Oven Baked Chips (VE)
Gluten-Free Roll with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**)	**Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo	Jacket Potato with Beans(VE), Cheese (**Use the Violife Vegan Cheese**)	**Gluten-Free Roll** with Ham, **Violife Vegan Cheese**(VE) or Tuna Mayo
Meatballs in a Rustic Tomato Sauce with **GF Pasta** (VE)	Margherita Pizza **(use Gluten-free pizza base & Violife Vegan Cheese)**	BBQ Chicken with 50/50 Rice	Plain Chicken in a **GF Roll** with Potato Wedges	**Gluten Free** Fish Fingers with Oven Baked Chips
Green Beans	Sweetcorn	Carrots	Broccoli	Baked Beans or Peas
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE)	**GF** Sponge (V) or Fresh Fruit (VE)	Seasonal Fruit Platter (VE) or Iced Fruit Smoothie(VE)	Fruit Jelly (VE) or Fresh Fruit (VE)	**GF** Lemon Drizzle Cake (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