Dairy free/Gluten free options

# Autumn Term 2026 - UPDATED

| Dish | Cereals containing gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (df/gf) | | | | | | | | | | | | | | |
| HM Pesto Pasta (df/gf) | x | | | | | | x | | | | | x | | |
| HM Banana & Choc Chip Loaf (df/gf) | x | | x | | | | x | | | | | | | |
| CM Chicken Korma Curry (gf/df) | | | | | | | x | | | | | | | |
| HM Roasted Sweet Potato Curry VG | | | | | | | | | | | | | | |
| Steamed Tumeric Rice VG | | | | | | | | | | | | | | |
| HM Blackberry & Apple Crumble VG (gf/df) | x | | | | | | x | | | | | x | | |
| CM Roasted Pork | | | | | | | | | | | | | | |
| HM Stuffed Veggies df/gf) VG | | | | | | | | | | | | | | |
| Fresh Fruit Platter VG | | | | | | | | | | | | | | |
| HM Beef & Lentil Lasagne (gf/df) | x | | | | | | x | | | | | | | |
| HM Roasted Veg & Lentil Lasagne VG | x | | | | | | x | | | | | | | |
| Garlic Bread | x | | | | | | | | | | | | | |
| Local Yoghurt (gf) | | | | | | | x | | | | | | | |
| Local Salmon Fishcakes (gf) | x | | | x | | | | | | | | | | |
| McCains Veggie Cake (df) VG | x | | | | | | | | | | | | | |
| HM Fruity Muesli Crunch (/gf) | x | | | | | | | | | | | x | | |
| Asian StirFry Vegetables (gf/df) | | | | | | x | | | | | | | | |
| Noodles VG | x | | x | | | | | | | | | | | |
| HM Seeded Flapjack (df/gf) VG | x | | | | | | | | | | | | | |
| CM Pork & Apple Burger (gf/df) | x | | | | | x | x | | | | | | | |
| Veggie Vegan Burger (df/gf) VG | x | | | | | | x | | | | | | | |
| HM Sticky Choc B' Brownie (df/gf) | x | | x | | | | | | | | | | | |
| CM Roasted Gammon | | | | | | | | | | | | | | |
| HM Cheese & Pineapple Muffin (gf) | x | | | | | | x | | | | | | | |
| Fresh Apple, Cheddar & Crackers (gf/df) | x | | | | | | x | | | | | | | |
| CM Sausage Roll (gf) | x | | | | | | x | | | | | | | |
| HM Vegan Sausage Roll (df) | x | | | | | | | | | | | | | |
| HM Paprika Potato Wedges | | | | | | | | | | | | | | |
| HM Cherry Shortbread (gf/df) | x | | | | | | | | | | | x | | |
| Local Fish Fingers (gf) | x | | | x | | | | | | | | | | |
| HM Roasted Veg Cous Cous (gf) | x | | | | | x | | | | x | | | | |
| HM Lemon & Poppy Seed Cake (gf/df) | x | | x | | | | | | | | | x | | |
| HM Margarita Pizza (gf/df) | x | | | | | | x | | | | | | | |
| HM Sticky Toffee Pudding (gf) | x | | x | | | | x | | | | | x | | |
| Buttermilk Chicken Fillet (df) | x | | | | | x | x | | | | | | | |
| Quorn Chicken Nugget (gf/df) VG | x | | | | | | | | | | | | | |
| HM Chocolate Cracknel (gf) | x | | | | | | x | | | | | | | |
| CM Roasted Turkey | | | | | | | | | | | | | | |
| HM Sage & Onion Puff (df/gf) VG | x | | | | | | | | | | | | | |
| Fruit Jelly (df) | | | | | | | | | | | | | | |
| CM Sausage Toad in the hole | x | | x | | | | x | | | | | x | | |
| Vegan Sausage Toad in the hole | x | | x | | | | x | | | | | | | |
| G' Yoghurt, Roasted Peaches & Honey | | | | | | | x | | | | | | | |
| Local White Fishcake | x | | | x | | | | | | x | | | | |
| Falafel, Minted Yoghurt | x | | | | | | x | | | | | | | |
| Naan | x | | | | | | | | | | | | | |
| Chips | | | | | | | | | | | | | | |
| Vegetables | | | | | | | | | | | | | | |
| Pasta (gf) | x | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | |
| Apple Juice | | | | | | | | | | | | | | |
| Bread (gf) | | | | | | | | | | | | | | |

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