THE FREE FROM FOOD CO

FREE FROM EVERYTHING BUT FLAVOURR

CHRISTMAS HAF MENU

DECEMBER 2026

Nourishing meals. Brighter holidays. Happier children.

PLANT-BASED & FREE FROM ALL 14 MAJOR ALLERGENS

HOT FOOD MENU

DATE	MAIN DISH	DESCRIPTION	APPROX NUTRITION (KCAL | PROTEIN)
Mon 21 Dec	Sausage, Mash, Peas & Gravy	Delicious plant-based sausages, creamy mash, peas and rich gravy.	520 kcal 18g protein
Tue 22 Dec	Mild Chicken-Style & Vegetable Curry with Rice	Tender chicken-style pieces in a mild, fragrant curry sauce with fluffy rice.	535 kcal 20g protein
Wed 23 Dec	Christmas Dinner	Chicken-style roast, roast potatoes, stuffing, seasonal vegetables and gravy.	560 kcal 22g protein
Thu 24 Dec	Tomato & Vegetable Pasta with Garlic Bread	Pasta in a tasty tomato and vegetable sauce, served with garlic bread.	500 kcal 16g protein
Mon 28 Dec	Mild Bean Chilli with Rice	Hearty bean chilli with vegetables served with fluffy rice.	520 kcal 19g protein
Tue 29 Dec	Shepherd's Pie	A tasty lentil and vegetable filling topped with creamy mashed potato.	530 kcal 18g protein
Wed 30 Dec	Vegetable & Lentil Sausage Casserole with Potatoes	Sausages with vegetables in a rich gravy, served with potatoes.	500 kcal 17g protein
Thu 31 Dec	Pizza, Potato Wedges & Sweetcorn	Homemade pizza with tasty wedges and sweetcorn.	540 kcal 17g protein

100% PLANT-BASED

FREE FROM ALL 14 ALLERGENS

NUTRITIOUS & CHILD-FRIENDLY

SUSTAINABLE CATERING

TRUSTED BY SCHOOLS & HAF PROVIDERS

APPROXIMATE NUTRITION INFORMATION.
FULL NUTRITION SHEETS AVAILABLE ON REQUEST.

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COLD LUNCH MENU

DATE	MAIN LUNCH OPTION	DESCRIPTION	APPROX NUTRITION (KCAL | PROTEIN)
Mon 21 Dec	Cheese & Pickle Roll	Soft roll with dairy-free cheese and tasty pickle, with fresh salad.	430 kcal 13g protein
Tue 22 Dec	Cheese, Spinach & Onion Bake	A savoury sausage-roll style bake filled with dairy-free cheese, spinach and onion.	420 kcal 12g protein
Wed 23 Dec	Festive Chicken-Style, Stuffing & Cranberry Roll	Soft roll with chicken-style pieces, stuffing and cranberry sauce, with fresh salad.	450 kcal 15g protein
Thu 24 Dec	Festive Salad Wrap	A soft wrap filled with salad, dairy-free cheese and seasonal flavours.	400 kcal 11g protein
Mon 28 Dec	Festive Curry Pasty	A sausage-roll style pasty filled with curried vegetables.	440 kcal 12g protein
Tue 29 Dec	Gammon-Ham-Style & Tomato Roll	Soft roll with gammon-style slices, tomato and salad.	420 kcal 14g protein
Wed 30 Dec	Vegetable & Cheese Bake	A sausage-roll style bake filled with vegetables and dairy-free cheese.	430 kcal 12g protein
Thu 31 Dec	Pizza	Homemade pizza with tasty toppings, served with fresh salad.	450 kcal 13g protein

EACH COLD LUNCH INCLUDES...


Fresh fruit


Cucumber roundels


Currants


Plain rice cake


Baked crisps or Propercorn


Dessert of the day

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