

## Dairy Free First Schools Winter Menu 2017

Week Commencing: 09/01/2017, 30/01/2017

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Wallace & Gromit Pasta with Chicken in a Tomato Sauce	Pork Meatballs in a Gravy served with Mash Potato and a Seasonal Vegetable	Dairy Free Curry served with Rice	Roast of the Day served with Potatoes and a Seasonal Vegetable	Coddies or Salmon and Cod Fishcake served with Chips and Garden Peas
Vegetarian			Linda McCartney Sausage served with Mash Potato, Peas and Gravy	Wallace & Gromit Pasta served in a Tomato Sauce	
Deli	Baked Jacket Potatoes with a Choice of Fillings on Monday, Tuesday & Wednesday				
Desserts	One of the following from a selection of dairy free desserts. <i>Fruit Crumble, Cherry Bakewell, Flapjack, Iced Sponge, Vanilla Sponge, Chocolate Devils Sponge, Rocky Road</i>				
Daily	Fruit Squash, Water, Salad, Bread, Seasonal Fruit, Fruit Pots and Yoghurts				

Week Commencing: 16/01/2017, 06/02/2017

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Wallace & Gromit Pasta in a Bolognese Sauce	Chicken & Vegetable Casserole served with Potatoes and a Seasonal Vegetable	Dairy Free Curry served with Rice	Sausages in Yorkshire Pudding served with Mash Potato and a Seasonal Vegetable	Breaded Chicken served with Chips and Baked Beans
Vegetarian			Linda McCartney Sausage served with Mash Potato, Peas and Gravy	Wallace & Gromit Pasta served in a Tomato Sauce	
Deli	Baked Jacket Potatoes with a Choice of Fillings on Monday, Tuesday & Wednesday				
Desserts	One of the following from a selection of dairy free desserts. <i>Fruit Crumble, Cherry Bakewell, Flapjack, Iced Sponge, Vanilla Sponge, Chocolate Devils Sponge, Rocky Road</i>				
Daily	Fruit Squash, Water, Salad, Bread, Seasonal Fruit, Fruit Pots and Yoghurts				

Week Commencing: 23/01/2017, 13/02/2017

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Wallace & Gromit Pasta with Chicken in a Italian Sauce	Minced Beef and Vegetable Casserole served with Potatoes and Seasonal Vegetables	Dairy Free Curry served with Rice	Roast of the Day served with Potatoes and a Seasonal Vegetable	Chicken Poppers served with Chips and Baked Beans
Vegetarian	Vegetable Pie served with Potatoes and a Seasonal Vegetable		Linda McCartney Sausage served with Mash Potato, Peas and Gravy	Wallace & Gromit Pasta served in a Tomato Sauce	
Deli	Baked Jacket Potatoes with a Choice of Fillings on Monday, Tuesday & Wednesday				
Desserts	One of the following from a selection of dairy free desserts. <i>Fruit Crumble, Cherry Bakewell, Flapjack, Iced Sponge, Vanilla Sponge, Chocolate Devils Sponge, Rocky Road</i>				
Daily	Fruit Squash, Water, Salad, Bread, Seasonal Fruit, Fruit Pots and Yoghurts				

*The menu is subject to change to reflect availability and promotional days*