

# Dairy Free Menu

Menu Week 1  
Week Commencing: 07/01/19

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Hot Dogs

Cottage Pie

Chicken Tikka

Roast Beef

Breaded Chicken Goujons

Second Option

Tomato Pasta

Linda McCartney Sausages served with Gravy (V)

Starchy Food

Jacket Potatoes, Pasta, Bread

Mashed Potato, Jacket Potato

Rice Potatoes

Roasted Potatoes, Mashed Potato

Chips

Vegetables

Beans

Country Mix Vegetable

Green Beans

Baked Beans, Sweetcorn

Baked Beans or Sweetcorn

Salad Bar

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Deli

Baked Jacket Potato with a Selection of Fillings (V)

Baked Jacket Potato with a Selection of Fillings (V)

Baked Jacket Potato with a Selection of Fillings (V)

Not available on this day

Not available on this day

Desserts

Dessert of the Day

Dessert of the Day

Dessert of the Day

Dessert of the Day

Dessert of the Day

Drinks

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

# Dairy Free Menu

Menu Week 2  
Week Commencing: 14/01/19

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Sausage and Yorkshire Pudding served with Gravy

Meat and Potato Pie served with Gravy

Chicken Tikka

Roast Chicken served with Gravy

Fish and chips

Second Option

Vegetarian Meatballs in Gravy

Spaghetti Bolognaise

Starchy Food

Mashed Potatoes Jacket Potato

Potatoes, Jacketed Potatoes,

Rice, Potatoes

New Potatoes, Pasta, Garlic Bread

Chips,

Vegetables

Peas and Sweetcorn

Mixed Vegetables, Baked Beans

Broccoli

Carrots

Mushy Peas, Baked Beans

Salad Bar

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Deli

Baked Jacket Potato with a Selection of Fillings

Baked Jacket Potato with a Selection of Fillings

Baked Jacket Potato with a Selection of Fillings

Not available on this day

Not available on this day

Desserts

Dessert of the Day

Dessert of the Day

Dessert of the Day

Dessert of the Day

Dessert of the Day

Drinks

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

# Dairy Free Menu

Menu Week 3  
Week Commencing: 21/01/2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main  
Course

Meatballs in a Tomato  
Sauce

Chicken and Vegetable Pie

Chicken Tikka

Roast Pork served with  
Gravy

Breaded Chicken Breast

Second  
Option

Linda McCartney Sausages  
served with Gravy (V)

Starchy  
Food

Pasta & Garlic Bread,  
Potatoes

Seasonal Potatoes,  
Oatcake, Jacket Potato

Rice & Naan  
Potatoes

Potato

Chips

Vegetables

Baked Beans

Carrots or baked Beans

Sweetcorn and Peas

Baked Beans

Garden Peas or  
Baked Beans

Salad Bar

Freshly prepared salad,  
vegetables and fresh fruit

Freshly prepared salad,  
vegetables and fresh fruit

Freshly prepared salad,  
vegetables and fresh fruit

Freshly prepared salad,  
vegetables and fresh fruit

Freshly prepared salad,  
vegetables and fresh fruit

Deli

Baked Jacket Potato with  
a Selection of Fillings (V)

Baked Jacket Potato with  
a Selection of Fillings (V)

Baked Jacket Potato with  
a Selection of Fillings (V)

Not available on this day

Not available on this day

Desserts

Dessert of the Day

Dessert of the Day

Dessert of the Day

Dessert of the Day

Dessert of the Day

Drinks

Water, Squash or  
Semi-Skimmed Milk

Water, Squash or  
Semi-Skimmed Milk

Water, Squash or  
Semi-Skimmed Milk

Water, Squash or  
Semi-Skimmed Milk

Water, Squash or  
Semi-Skimmed Milk

# Dairy Free Menu

Menu Week 3  
Week Commencing: 28/01/2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Sausage and Yorkshire Pudding	Chicken and Vegetable Pie served with Gravy	Chicken Tikka	Roast Beef served with Gravy	Fishcakes
<b>Second Option</b>			Vegetarian Meatballs in Gravy	Spaghetti Bolognaise	
<b>Starchy Food</b>	Mashed Potato, Jacket Potatoes	Seasonal Potatoes, Jacket Potato	Rice, Mashed Potato	New Potatoes, Pasta,	Chips
<b>Vegetables</b>	Peas	Carrots or baked Beans	Sweetcorn and peas	Carrots	Mushy Peas, Baked Beans
<b>Salad Bar</b>	Freshly prepared salad, vegetables and fresh fruit	Freshly prepared salad, vegetables and fresh fruit	Freshly prepared salad, vegetables and fresh fruit	Freshly prepared salad, vegetables and fresh fruit	Freshly prepared salad, vegetables and fresh fruit
<b>Deli</b>	Baked Jacket Potato with a Selection of Fillings (V)	Baked Jacket Potato with a Selection of Fillings (V)	Baked Jacket Potato with a Selection of Fillings (V)	Not available on this day	Not available on this day
<b>Desserts</b>	Plain Muffin served with a Vanilla Custard	Jammy Shortbread Biscuits Served with a Vanilla Custard	Jam Tart Served with a vanilla custard	Iced Sponge served with a Vanilla Custard	Chocolate Crunch served with Peppermint Custard
<b>Drinks</b>	Water, Squash or Semi-Skimmed Milk	Water, Squash or Semi-Skimmed Milk	Water, Squash or Semi-Skimmed Milk	Water, Squash or Semi-Skimmed Milk	Water, Squash or Semi-Skimmed Milk