

# Dairy Free

Menu Week 1  
Week Commencing: 03.06.19

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

INSET DAY

Cottage Pie

Roast Chicken served with Gravy

Chicken Tikka

Breaded Chicken Goujons

Second Option

Baked Jacket Potato with a Selection of Fillings (V)

Vegetarian Meatballs served with pasta (V)

Linda McCartney Sausages served with Gravy (V)

Margherita Pizza (V)

Starchy Food

Mashed potatoes.  
Baked potato

Pasta. New potatoes

Rice & Naan.  
Mashed potato

Chips. Pizza bread

Vegetables

Mixed Vegetables

Peas and Carrots

Green Beans

Baked Beans, 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

Deli

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

Baked Jacket Potato with a Selection of Fillings (V)

Not available on this day

Desserts

Chocolate Orange Cookie

Jammy Shortbread

Iced Sponge served with a Vanilla Custard

Flapjack Served with Vanilla Custard

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

# Dairy Free

Menu Week 2  
Week Commencing:: 10.06.19

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Hot Dog

Meat and Potato Pie served with Gravy

Roast Chicken served with Gravy

Chicken Tikka

Fish and chips

Second Option

Baked Jacket Potato with a Selection of Fillings (V)

Spaghetti Bolognaise

Vegetarian Meatballs in Gravy

Starchy Food

Bread, Oatcake.

Potatoes, Jacked Potatoes

New Potatoes, Pasta.

Rice, Naan Bread, Mashed and Baked Potatoes

Chips

Vegetables

Peas or Baked Beans

Broccoli

Sweetcorn and Peas

Carrots

Mush 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

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

Baked Jacket Potato with a Selection of Fillings (V)

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 Week 3  
Week Commencing 17.06.19

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Meatballs in a Tomato Sauce

Chicken and Vegetable Pie served with Gravy

Roast Pork served with Gravy

Chicken Curry

Fishcake

Second Option

Baked Jacket Potato with a Selection of Fillings (V)

Starchy Food

Pasta

Seasonal Potatoes, Baked Potato

Roast Potatoes

Rice and Jacket Potato Baked Potatoes

Chips

Vegetables

Baked Beans

Carrots or Baked Beans

Selection of Seasonal Vegetables

Sweetcorn and Peas

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

Crudités and a Mixed Salad Bowl

Freshly prepared salad, vegetables and fresh fruit

Deli

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

Baked Jacket Potato with a Selection of Fillings

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 Week 4  
Week Commencing: 24.06.19

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Sausage and Yorkshire Pudding

Meatballs in a Tomato Sauce

Roast Beef served with Yorkshire Pudding and Gravy

Chicken Tikka

Breaded Chicken Goujons

Second Option

Baked Jacket Potato with a Selection of Fillings (V)

Vegetarian Meatballs served with pasta (V)

Linda McCartney Sausages served with Gravy (V)

Starchy Food

Mashed Potato, Pasta

Baked Potato

Pasta, New Potatoes

Rice & Naan Mashed Potato

Chips

Vegetables

Broccoli

Mixed Vegetables

Peas and Carrots

Green Beans

Baked Beans, 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

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

Baked Jacket Potato with a Selection of Fillings (V)

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 Week 5  
Week Commencing: 01.07.19

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Hot Dog

Cottage Pie

Roast Chicken served with Gravy

Chicken Tikka

Breaded Chicken Goujons

Second Option

Baked Jacket Potato with a Selection of Fillings (V)

Tomato Pasta

Linda McCartney Sausages served with Gravy (V)

Starchy Food

Bread

Seasonal Potatoes, Baked Potato

Pasta, New Potatoes

Rice & Naan Mashed Potato

Chips

Vegetables

Corn on the Cob, Beans

Mixed Vegetables

Peas and Carrots

Green Beans

Baked Beans, 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

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

Baked Jacket Potato with a Selection of Fillings (V)

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 Week 6  
Week Commencing:: 08.07.19

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Sausage

Meat and Potato Pie served with Gravy

Roast Pork served with Gravy

Chicken Tikka

Fish and chips

Second Option

Baked Jacket Potato with a Selection of Fillings (V)

Spaghetti Bolognaise

Vegetarian Meatballs in Gravy

Starchy Food

Mashed Potatoes, Baked Potato

Potatoes, Jacked Potatoes

New Potatoes, Pasta, Garlic Bread

Rice, Naan Bread, Mashed and Baked Potatoes

Chips

Vegetables

Peas or Baked Beans

Broccoli, Mixed Vegetables

Sweetcorn and Peas

Carrots

Mush 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

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

Baked Jacket Potato with a Selection of Fillings (V)

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 Week 7  
Week Commencing 15.07.19

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Main Course

Meatballs in a Tomato Sauce

Chicken and Ham Pie served with Gravy

Roast Beef with Gravy

Chicken Curry

Breaded Chicken Goujons

### Second Option

Baked Jacket Potato with a Selection of Fillings (V)

Vegetarian Sausage

### Starchy Food

Pasta

Seasonal Potatoes, Baked Potato

Roast Potatoes, Pasta & Garlic Bread,

Rice & Naan Pasta, and Jacket Potato

Chips

### Vegetables

Broccoli or Baked Beans

Selection of Seasonal Vegetables

Sweetcorn and Peas

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

Crudités and a Mixed Salad Bowl

Freshly prepared salad, vegetables and fresh fruit

### Deli

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

A Selection of freshly prepared sandwiches

Baked Jacket Potato with a Selection of Fillings

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