

Outdoor Education Centre Menu 2019 (Breakfast & Lunch)

Milk-free

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Hash Browns 36143 Baked Beans Scrambled Egg <i>(Do not add Milk to recipe, just egg)</i>	Bacon Potato Waffles 101617 Scrambled Egg <i>(Do not add Milk to recipe, just egg)</i>	Pork Sausage (8s) Spaghetti Hoops 7005 <i>(No Mini Omelette)</i>	Hash Browns 36143 Bacon Plum Tomatoes	Pork Sausage (8s) Baked Beans Scrambled Egg <i>(Do not add Milk to recipe, just egg)</i>
Lunch	Bloomer Sandwich <i>Use Dairy-free spread only. No Cheese</i> Crisps (check packet) Fresh Fruit Traybake	Bloomer Sandwich <i>Use Dairy-free spread only. No Cheese</i> Crisps (check packet) Fresh Fruit Traybake	Bloomer Sandwich <i>Use Dairy-free spread only. No Cheese</i> Crisps (check packet) Fresh Fruit Traybake	Filled Bagel <i>(check Adelle Spec)</i> <i>Use Dairy-free spread only. No Cheese</i> Crisps (check packet) Fresh Fruit Traybake	Bloomer Sandwich <i>Use Dairy-free spread only. No Cheese</i> Crisps (check packet) Fresh Fruit Traybake

Cool Water, Fruit Juice, Fresh Fruit and Soya Yoghurt available

*Fruit Based **Wholegrain (v) Vegetarian

No Milk, No Yoghurt, No Cheese, Use Dairy-free spread ONLY

Traybakes Suitable – Berry Flapjack, Lemon Shortbread, Shortbread Fingers, Chocolate Shortbread, Plain Flapjack, Oatie Cookie

**Check Adelle Specs when delivered for Milk containing products*



Outdoor Education Centre Menu 2019 (Dinner)

Milk-free

	Monday	Tuesday	Wednesday	Thursday
Hot Main Dish	Pork Sausage (8s) With Mashed Potatoes (No Milk or Butter in Mash) & Gravy (Use Gravy 125165)	Vegetable Bolognese with Wholemeal Pasta (Remove Cheddar Cheese from Method) No Cheese	Chicken & Sweetcorn Pie (FFL) With Roast Potatoes & Gravy (Use Gravy 125165)	Cod Fish Fingers MSc with Cajun Jacket Wedges
Todays Fresh Vegetables	Carrots Peas	Peas Sweetcorn	Carrots Broccoli	Raw House Slaw Sweetcorn
Desserts	Chocolate Crunch (No Custard) (Use DF Spread only)	Pineapple Upside Down Pudding (No Custard) (Use DF spread only)	Apple & Berry Crumble (No Custard) (Use DF Spread Only)	Strawberry Swirl Sponge (No Custard) (Use DF Spread only)

Cool Water, Fruit Juice, Fresh Fruit and Soya Yoghurt available

*Fruit Based **Wholegrain (v) Vegetarian

No Milk, No Yoghurt, No Cheese, Use Dairy-free spread ONLY

Traybakes Suitable – Berry Flapjack, Lemon Shortbread, Shortbread Fingers, Chocolate Shortbread, Plain Flapjack, Oatie Cookie

*Check Pasta King Specs when delivered for any Milk containing products

