

# Dairy Free

Menu Week 1  
Week Commencing: 03/09/18

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Sausage

Roast Pork

Swedish Meatballs served with gravy

Chicken Tikka

Breaded Chicken Goujons

Second Option

Spaghetti Bolognese

Linda McCartney Sausages served with Gravy (V)

Starchy Food

Potatoes, Jacket Potato

Potatoes, Jacket Potato

Rice, Mashed Potato, Jacket Potato

Mashed Potatoes, Pasta

Chips,

Vegetables

Beans, Peas

Country Mix Vegetable

Green Beans

Peas and Carrots

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

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 Week 2  
Week Commencing:: 10/09/2018

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main  
Course

Sausage served with Gravy

Meat and Potato Pie  
served with Gravy

Chicken Tikka

Roast Chicken served with  
Gravy

English Fish and chips

Second  
Option

Tuna Pasta

Vegetarian Meatballs in  
Gravy

Spaghetti Bolognaise

Starchy  
Food

Mashed Potatoes, Jacket  
Potato

Potatoes, Jacked Potatoes

Rice, Mashed Potato

New Potatoes, Pasta,

Chips

Vegetables

Peas or Baked Beans

Mixed Vegetables, Baked  
Beans

Carrots

Sweetcorn and peas

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 Week 3  
Week Commencing 17/09/2018

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main  
Course

Meatballs in a Tomato  
Sauce

Cottage Pie

Chicken Tikka

Roast Beef served with  
Gravy

Chicken Goujons

Second  
Option

Linda McCartney Sausages  
served with Gravy

Starchy  
Food

Pasta,  
Mashed Potato  
Jacket Potato

Seasonal Potatoes,  
Jacket Potato

Rice & Naan, Pasta,  
Jacket Potatoes

Roast Potatoes, Jacket  
Potato

Chips,

Vegetables

Baked Beans

Carrots or baked Beans

Sweetcorn and Peas

Selection of Seasonal  
Vegetables

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

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 Week 1  
Week Commencing: 03/09/18

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Sausage

Chicken and Vegetable Pie

Chicken Tikka

Roast Chicken served with Gravy

Breaded Chicken Goujons

Second Option

Vegetarian Meatballs in Gravy

Spaghetti Bolognaise

Starchy Food

Potatoes, Jacket Potato

Potatoes, Jacket Potato

Rice, Mashed Potato, Jacket Potato

Mashed Potatoes, Pasta

Chips,

Vegetables

Beans, Peas

Country Mix Vegetable

Green Beans

Peas and Carrots

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

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

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Water, Squash or Semi-Skimmed Milk

# Dairy Free

Menu Week 2  
Week Commencing:: 10/09/2018

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Sausage served with Gravy

Meat and Potato Pie served with Gravy

Chicken Tikka

Roast Chicken served with Gravy

Breaded Chicken Goujons

Second Option

Tuna Pasta

Vegetarian Meatballs in Gravy

Spaghetti Bolognaise

Starchy Food

Mashed Potatoes, Jacket Potato

Potatoes, Jacketed Potatoes

Rice, Mashed Potato

New Potatoes, Pasta,

Chips

Vegetables

Peas or Baked Beans

Mixed Vegetables, Baked Beans

Carrots

Sweetcorn and peas

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

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