

# Dairy Free

Menu Week 1  
Week Commencing: 03/09/18

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main  
Course

Inset Day

Inset Day

Chicken Tikka

Roast Pork and stuffing  
served with Gravy

Breaded Chicken Goujons

Second  
Option

Linda McCartney Sausages  
served with Gravy (V)

Tomato pasta served with  
Garlic Bread (V)

Starchy  
Food

Rice,  
Mashed Potato,  
Jacket Potato

Mashed Potatoes, Pasta

Chips,

Vegetables

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

Deli

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

Drinks

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

Mashed Potatoes, Jacket Potato

Potatoes, Jacketed Potatoes

Vegetarian Meatballs in Gravy

Spaghetti Bolognaise

Starchy Food

Peas or Baked Beans

Mixed Vegetables, Baked Beans

Carrots

Sweetcorn and peas

Mushy Peas, Baked Beans

Vegetables

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

Salad Bar

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

Deli

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

Fishcakes

Second Option

Linda McCartney Sausages served with Gravy (V)

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