

# Dairy Free

Menu Week 1  
Week Commencing: 02/09/19

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Inset Day

Inset Day

Chicken Tikka

Roast Beef and with Gravy

Breaded Chicken Goujons

Second Option

Linda McCartney Sausages served with Gravy (V)

Tomato pasta served with Garlic Bread (V)

Starchy Food

Rice & Naan Mashed Potato, Jacket Potato

Roast Potatoes, Pasta & Garlic Bread

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

Water, Squash

Water, Squash

# Dairy Free

Menu Week 2  
Week Commencing:: 09/09/2019

## 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

Fish and chips

Second Option

Tomato Pasta Bake

Vegetarian Meatballs in Gravy

Spaghetti Bolognaise

Starchy Food

Mashed Potatoes, Pasta, Jacket Potato

Potatoes, Jacket Potatoes

Rice, Mashed Potato

New Potatoes, Pasta, Garlic Bread

Chips,

Vegetables

Peas

Mixed Vegetables, Baked Beans

Sweetcorn

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

Water, Squash

Water, Squash

Water, Squash

Water, Squash

# Dairy Free

Menu Week 3  
Week Commencing 16/09/2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Meatballs in a Tomato Sauce

Cottage Pie

Chicken Tikka

Roast Pork served with Gravy

Sausage

Second Option

Linda McCartney Sausages served with Gravy (V)

Pasta with a tomato Sauce

Starchy Food

Pasta & Garlic Bread, Mashed Potato Jacket Potato

Seasonal Potatoes, Jacket Potato

Rice Jacket Potatoes

Roast Potatoes, Pasta

Chips

Vegetables

Baked Beans

Carrots or baked Beans

Sweetcorn

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

Crudité's 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

Water, Squash

Water, Squash

Water, Squash

Water, Squash

# Dairy Free

Menu Week 3  
Week Commencing 23.09.2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Main Course

Sausage and Yorkshire Pudding

Chicken and Ham Pie

Chicken Tikka

Roast Beef served with Gravy

Breaded Chicken Goujons

Second Option

Macaroni Cheese

Cheese Oatcakes

Linda McCartney Sausages

Cheese Pie

Margherita Pizza (V)

Starchy Food

Potato, Pasta

Seasonal Potatoes, Oatcake, Jacket Potato

Rice & Naan, Pasta, Jacket Potatoes

Potatoes

Chips, Pizza Bread

Vegetables

Broccoli

Carrots or baked Beans

Peas and Carrots

Green Beans

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

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

Plain Muffin served with a Vanilla Custard

Cherry and Apple Crumble Served with Custard

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

Water, Squash or Semi-Skimmed Milk