

DAIRY FREE MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Sweet Potato & Bean Pie ^{vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Peas Carrots Peach Crumble ^{1,vg} Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Beef & Onion Pie ¹ Jackets with a Choice of Toppings ^{8,9} ~~~~~ New Potatoes Seasonal Vegetables ~~~~~ Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Roast Gammon & Gravy Bean Chilli with Baked Tortilla Chips ^{1,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Rustic Roast Potatoes Broccoli, Sweetcorn Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Chicken Fajitas ^{1,4} Tomato Spaghetti ^{1,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Rice Cauliflower, Carrots Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Fish Fingers ^{1,8} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Chips, Peas Baked Beans Carrot Sticks ~~~~~ Oaty Biscuit ^{1,15,vg} Fruit Pots ^{vg}
WEEK 2	Chicken Pie ¹ Jackets with a Choice of Toppings ^{8,9} ~~~~~ New Potatoes Seasonal Vegetables ~~~~~ Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	BBQ Pulled Pork Loaded Wedges Herby Tomato Penne Pasta ^{1,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Sweetcorn, Courgettes Chocolate Pudding ^{1,9} Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Roast Chicken & Gravy BBQ Vegetable Burrito ^{1,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Rustic Roast Potatoes Cabbage, Carrots Fruit Jelly ^{vg} Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Vegetable Hot Pot ^{1,6,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Carrots Green Beans Peach Sponge ^{1,9} Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Chicken Bites ¹ Jackets with a Choice of Toppings ^{8,9} ~~~~~ Chips, Peas Baked Beans Coleslaw ⁹ ~~~~~ Ginger Biscuit ^{1,vg} Fruit Pots ^{vg}
WEEK 3	Sweet Chicken Curry Jackets with a Choice of Toppings ^{8,9} ~~~~~ Rice Seasonal Vegetables ~~~~~ Apple Crumble ^{1,vg} Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Sausage Roll ^{1,6} Quorn Sausage & Gravy ^{1,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Mashed Potato Baked Beans, Broccoli Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Roast Pork & Gravy Samosa Puff ^{1,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Rustic Roast Potatoes Green Beans, Carrots Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Loaded Cajun Bean Wedges ^{vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Sweetcorn Peppers Lemon Drizzle Cake ^{1,9} Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Fish Fingers ^{1,8} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Chips, Peas Baked Beans Cucumber Sticks ~~~~~ Fruit Pots ^{vg}
WEEK 4	Jerk Chicken Tomato & Herb Pasta ^{1,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Sunshine Rice Cauliflower, Carrots Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Singapore Noodles ^{1,3,16,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Seasonal Vegetables ~~~~~ Jam Tart ^{1,6,vg} Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Roast Chicken & Gravy Jackets with a Choice of Toppings ^{8,9} ~~~~~ Rustic Roast Potatoes Cabbage, Peas Fruit Jelly ^{vg} Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Penne Bolognese ¹ Rice & Bean Burrito ^{1,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Baked Wedges Green Beans, Sweetcorn Beetroot Cake ^{1,9} Mr Nourish Biscuit ^{1,vg} Fruit Pots ^{vg}	Fish Fingers ^{1,8} Vegetable Pastie ^{1,vg} Jackets with a Choice of Toppings ^{8,9} ~~~~~ Chips, Peas Baked Beans Coleslaw ⁹ ~~~~~ Vegan Brownie ^{1,vg} Fruit Pots ^{vg}

KEY:
 VG Vegan
 V Vegetarian

AVAILABLE DAILY:

Selection of Salads ⁹,
 Homemade Bread ^{1,3,7,9}.

Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.



LOOK OUT FOR OUR THEMED DAYS!

3K



1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard

5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs
 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten

