



REAL FOOD FOR REAL ENERGY

Dairy Free Menu November 2023 - February 2024

Week One

30th Oct, 20th Nov, 1st Jan, 22nd Jan

Week Two

6th Nov, 27th Nov, 8th Jan, 29th Jan

Week Three

4th Dec, 15th Jan, 5th Feb

11th December Christmas Week (tbc)

Day	Option 1	Option 2	served with	Option 3	Dessert
Monday	**Pizza Pinwheel	Pasta Provencale	Wedges Baked Beans & Peas	**Jacket Potato with Cheese & Beans	Frozen Fruit Smoothie Fresh Fruit/Jelly
	Tomato Pasta	Garlic Flatbread Sweetcorn & Green Beans	**Jacket Potato with Cheese & Beans	Frozen Fruit Smoothie Fresh Fruit/Jelly	**Home-made Pizza Vegetable Pasta Bake 1/2 Jacket Potato Peas & Baked Beans
	Chicken & **Cheese Quesadillas	*Mexican Bean Wrap	Rice Carrots & Sweetcorn	**Jacket Potato with Cheese & Beans	Chocolate Cake Fresh Fruit/Jelly
	Chicken Pie & Gravy Quorn & Vegetable Pie & Gravy	Creamed Potatoes Broccoli & Mixed Veg	**Jacket Potato with Cheese & Beans	Marble Sponge Fresh Fruit/Jelly	Breaded Chicken Steak **Cheese Puff Herby Diced Potatoes Mixed Salad
Tuesday	Roast Chicken with Stuffing Veggie Sausage Bake	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	**Jacket Potato with Cheese & Beans	Cookie Fresh Fruit/Jelly	Roast Pork & Gravy Roast Potatoes Local Seasonal Vegetables & Cooks Choice
	Sausages & Gravy Quorn Sausage	Roast Potatoes Diced Carrots & Cooks Choice	**Jacket Potato with Cheese & Beans	Cookie Fresh Fruit/Jelly	**Jacket Potato with Cheese & Beans
	Burger in a Bun Quorn Sausage	Wedges Cucumber & Coleslaw	**Jacket Potato with Cheese & Beans	Fruit Crumble Fresh Fruit/Jelly	**Meatball Sub **Meatless Sub Cucumber & Peas
	Bolognese Veggie Bolognese	Pasta Sweetcorn & Broccoli	**Jacket Potato with Cheese & Beans	Fruit Crumble Fresh Fruit/Jelly	**Jacket Potato with Cheese & Beans
Wednesday	Fish Fingers Veggie Nuggets	Chips/Pasta Baked Beans & Sweetcorn	**Jacket Potato with Cheese & Beans	Cooks Choice of Dessert Fresh Fruit/Jelly	Fish Fingers Veggie Nuggets Chips/Pasta Baked Beans & Sweetcorn
	Fish Fingers Veggie Nuggets	Chips/Pasta Baked Beans & Peas	**Jacket Potato with Cheese & Beans	Cooks Choice of Dessert Fresh Fruit/Jelly	**Jacket Potato with Cheese & Beans
	Suitable for Vegetarians	Suitable for Vegans & Vegetarians	Contains Fish	All items are subject to availability Bread, Salad and fresh drinking water are available with every meal All vegetarian dishes with * can be made suitable for vegans All dishes marked with ** can be made Dairy Free	
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