



Summer Dairy and Gluten Free Menu 2019

Week One

Weeks beginning
3rd Jun|24th Jun|15th Jul|9th Sept|30th Sep|21st Oct

Monday



Meat: Handmade Turkey burger in a FF bun
Veg: Quorn Fillet and FF bun
With: Crispy potatoes and Mixed salad
Dessert: Soya Strawberry thick shake

Tuesday



Meat: Chicken Fajitas in FF wrap
Veg: Meat free chicken fajita
With: Rice, tortilla chips and raw peppers
Dessert: Trifle soya custard

Wednesday



Meat: Roast Pork
Veg: Quorn Chicken Fillet
With: Roast potatoes & mixed veg
Dessert: Various FF Biscuits

Thursday



Meat: Love food breakfast: Bacon and FF sausage
Veg: Meat free breakfast
With: Hash Browns, Baked beans and scrambled egg
Dessert: Strawberry Jelly

Friday



Meat: FF Fish fingers
Veg: FF Veg wrap
With: Oven baked chips and peas
Dessert: Fruit filled meringue nest

Week Two

Weeks beginning
10th Jun|1st Jul|22nd Jul|16th Sept|7th Oct

Meat: Handmade Beef burger in a FF bun
Veg: Vegetable burger and FF bun
With: Crispy potatoes and Mixed salad
Dessert: Soya Chocolate thick shake

Meat: Chicken kebab
Veg: Meat free chicken kebabs
With: Rice, tortilla chips and raw peppers
Dessert: Trifle soya custard

Meat: Roast Beef
Veg: Quorn Chicken Fillet
With: Roast potatoes & mixed veg
Dessert: Various FF Biscuits

Meat: FF Macaroni cheese with Ham
Veg: FF Macaroni cheese (soya)
With: FF French bread and mixed salad
Dessert: Strawberry Jelly

Meat: FF Cod Fingers
Veg: FF veg wrap
With: Oven baked chips and peas
Dessert: Fruit filled meringue nest

Week Three

Weeks beginning
17th Jun|8th Jul|2nd Sept|23rd Sept|14th Oct

Meat: Gf hotdog in a FF roll
Veg: Vegetarian sausage in a FF roll
With: Crispy potatoes and Mixed salad
Dessert: Soya Raspberry thick shake

Meat: Mild Chilli con carne taco's
Veg: Meat free mince chilli taco
With: Rice and raw peppers
Dessert: Trifle soya custard

Meat: Roast chicken
Veg: Quorn Chicken Fillet
With: Roast potatoes & mixed veg
Dessert: Various FF Biscuits

Meat: FF Meatball FF pasta bake
Veg: Tomato FF pasta
With: FF Garlic bread and mixed salad
Dessert: Strawberry jelly

Meat: FF Fish fingers
Veg: Sweetcorn Fritter
With: Oven baked chips and peas
Dessert: Fruit filled meringue nest

Soup option	Warm Heinz soup served in an insulated cup with a bread roll, choose from Heinz big beef soup, carrot and bean soup
Lunch box option	Your choice of a FF Sandwich, FF Roll or a FF Wrap. Fillings: soya Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a yoghurt, a FF dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), DF cheese and FF Bread sticks, raisins, dried bananas, FF bread sticks, raw pepper batons.
Salad option	Choose from ham, tuna ff mayo, DF cheese served with mixed salad and FF bread roll
Jacket potato	All Jacket potatoes come with a choice of either one or two of the following Fillings: DF cheese, Beans, Tuna FF mayo, and salad.
Everyday	Soya Milk, Water, FF Bread, Soya Yoghurts and fruit are available every day.



Love Food