



Autumn/winter Dairy and Soya free Menu 2019/20

Paid meals are £2.40

Week One

Weeks beginning

4th Nov, 25th Nov, 16th Dec 20th Jan, 10th Feb

Week Two

Weeks beginning

11th Nov, 2nd Dec 6th Jan, 27th Jan

Week Three

Weeks beginning

18th Nov, 9th Dec 13th Jan, 3rd Feb

Monday



Meat: Homemade ham baguette pizza ff cheese
Veg: Homemade ff cheese pizza
With: Potato wedges and mixed veg
Dessert: Jelly

Meat: Breaded chicken in a bun
Veg: Vegetable burger in a bun
With: Potato wedges and mixed veg
Dessert: Jelly

Meat: Chicken goujons
Veg: Veg wrap
With: Potato wedges and mixed veg
Dessert: Jelly

Tuesday



Meat: Shepherd's pie with soya milk mash
Veg: Vegetable shepherd's pie with oatly mash
With: Green beans and French bread
Dessert: Bananas and ff custard

Meat: Beef casserole with dumplings
Veg: Veg casserole with dumplings
With: Oatly mash and green beans
Dessert: Bananas and ff custard

Meat: FF meatballs in gravy
Veg: meat free meatballs in gravy
With: Oatly mash and green beans
Dessert: Bananas and ff custard

Wednesday



Meat: Roast Turkey
Veg: Courgetti and sweetcorn fritter
With: Roast potatoes, carrots and Broccoli
Dessert: Various biscuits

Meat: Roast Gammon
Veg: cauliflower cheese ff
With: Roast potatoes, carrots and Broccoli
Dessert: Various biscuits

Meat: Roast Chicken
Veg: vegetable casserole
With: Roast potatoes, carrots and Broccoli
Dessert: Various biscuits

Thursday



Meat: Spaghetti bolognaise
Veg: Tomato pasta
With: Free from garlic bread with sweetcorn
Dessert: Fruit salad with free from cream

Meat: Lasagne ff sauce
Veg: Vegetable Lasagne ff sauce
With: Free from garlic bread with sweetcorn
Dessert: Fruit salad with free from cream

Meat: Free from creamy pasta bake
Veg: Free from creamy pasta bake
With: Free from garlic bread with sweetcorn
Dessert: Fruit salad with free from cream

Friday



Meat: Fish fingers
Veg: vegetable finger
With: Oven baked chips and peas
Dessert: Iced bun

Meat: Fish fingers
Veg: Fishless fish fingers
With: Oven baked chips and peas
Dessert: Iced bun

Meat: Breaded cod
Veg: Vegetable fingers
With: Oven baked chips and peas
Dessert: Iced buns

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from vegetable

Lunch box option

Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam, violife Cheese, Ham, Chicken, or Tuna free from mayo. All lunch boxes come with a piece of fruit, a jelly, a 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), violife cheese and biscuits, raisins, dried bananas, crackers, raw pepper batons.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: violife cheese, Beans, Tuna free from mayo, and salad.

Everyday items

Oatly Milk, Water, Tesco soya free Bread, coconut based Yoghurts and fruit are available every day.