

# Dairy Free Menu



**Week 1** - 14th April, 5th May, 26th May, 16th June

	<b>Meat Free Monday</b>	<b>Slow Cook Tuesday</b>	<b>Home Grown Wednesday</b>	<b>Around the world Thursday</b>	<b>Fishing Friday</b>
Starters	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread
Vegan Main	Pasta Neapolitan (ve)	Vegetable Chow Mein	Mac and Cheese (ve)	Vegetable Chinese Curry	Fishless Fingers
Lighter Option	Vegan Cheese Sandwich with Dairy Free Spread	Baked Potato with Vegan Cheese and Beans Vegan Sandwich with Dairy Free Spread	Vegan Cheese Sandwich with Dairy Free Spread	Baked Potato Vegan Cheese and Beans Vegan Cheese Sandwich with Dairy Free Spread	Vegan Sausage Roll (ve) Vegan Cheese Sandwich with Dairy Free Spread
Carbohydrate/ Vegetable	Oven Baked Wedges	Fried Rice	Herby Potato Cubes	Long Grain Boiled Rice	Chips
	Carrot and Pepper Sticks	Roasted Vegetable and Baby Corn	Sweetcorn and Cherry Tomatoes	Cauliflower and Mixed Vegetables	Peas and Beans
Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad
Breads	Baked Rolls and Bread	Baked Rolls and Bread	Baked Rolls and Bread	Baked Rolls and Bread	Baked Rolls and Bread
Desserts	Fruit and Raisins	Fruit and Yoghurt	Fruit and Raisins	Fruit and Yoghurt	Fruit and Jelly

**£2.43** – Starter, main choice or light option accompanied with their carbohydrate and vegetables, milk or flavoured milk and Dessert – pupils can have as much salad and bread and water as they want.

# Dairy Free Menu

Week 2 21st April, 12th May, 2nd June, 23rd June



	<b>Meat Free Monday</b>	<b>Slow Cook Tuesday</b>	<b>Home Grown Wednesday</b>	<b>Around the world Thursday</b>	<b>Fishing Friday</b>
Starters	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread
Vegan/ Dairy Free Main	GF Pizza with Vegan Cheese	Quorn Beef and Mash with Vegan Cheesy Top (ve)	Quorn Bangers and Mash (ve)	Sweet Potato and Chickpea Curry (ve)	Fishless Finger Sandwich (ve)
Lighter Option	Vegan Cheese Sandwich with Dairy Free Spread	Baked Potato with Beans and Vegan Cheese  Vegan Cheese Sandwich with Dairy Free Spread	Vegan Cheese Sandwich with Dairy Free Spread	Baked Potato with Vegan Cheese  Vegan Cheese Sandwich with Dairy Free Spread	Vegan Sausage Roll  Vegan Cheese Sandwich with Dairy Free Spread
Carbohydrate/ Vegetable	Oven Baked Wedges	Herby Potato Cubes	Potatoes	Naan Bread/ Boiled Rice	Chips
	Carrot and Pepper Sticks	Cucumber Batons and Sweetcorn	Carrot and Peas	Broccoli and Green Beans	Beans and Peas
Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad
Breads	Baked Rolls and Bread	Baked Rolls and Bread	Baked Rolls and Bread	Baked Rolls and Bread	Baked Rolls and Bread
Desserts	Fruit and Raisins	Fruit and Yoghurt	Fruit and Raisins	Fruit and Yoghurt	Fruit and Jelly

**£2.43** – Starter, main choice or light option accompanied with their carbohydrate and vegetables, milk or flavoured milk and Dessert – pupils can have as much salad and bread and water as they want.

# Dairy Free Menu

Week 3 - 28th April, 19th May, 9th June, 30th June



	<b>Meat Free Monday</b>	<b>Slow Cook Tuesday</b>	<b>Home Grown Wednesday</b>	<b>Around the world Thursday</b>	<b>Fishing Friday</b>
Starters	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread
Dairy Free Main	Quorn Dippers (ve)	Ratatouille (ve)	Quorn Vegan Fillet (ve)	Vegan Hot Dog	Fishless Fingers
Lighter Option	Vegan Cheese Sandwich with Dairy Free Spread	Baked Potato with Vegan Cheese and Dry Tuna Vegan Cheese Sandwich with Dairy Free Spread	Vegan Cheese Sandwich with Dairy Free Spread	Baked Potato with Beans and Vegan Cheese Vegan Cheese Sandwich with Dairy Free Spread	Vegan Sausage Roll (ve) Vegan Cheese Sandwich with Dairy Free Spread
Carbohydrate/ Vegetable	Oven Baked Wedges	Pasta	Croquettes	Herby Potato Cubes	Chips
	Carrot and Pepper sticks	Broccoli and Mixed Vegetables	Peas and Cabbage	Corn on the Cob and Cucumber Batons	Peas and Beans
Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad
Breads	Baked Rolls and Bread	Baked Rolls and Bread	Baked Rolls and Bread	Baked Rolls and Bread	Baked Rolls and Bread
Desserts	Fruit and Raisins	Fruit and Yoghurt	Fruit and Raisins	Fruit and Yoghurt	Fruit and Jelly

**£2.43** – Starter, main choice or light option accompanied with their carbohydrate and vegetables, milk or flavoured milk and Dessert – pupils can have as much salad and bread and water as they want.