

Dairy Free Menu Lunch - Week 1



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---------------------------------|----------------------------|---|---------------------------|--------------------------------|------------------------------------|-----------------------------------|
| Choose 1 item from this section of the menu | Cottage Pie | Chicken A La King | Fisherman's Pie served with a Puff Pastry Top | Roast Turkey | Oven Baked Battered Cod Fillet | Minced Beef & Potato Curry | Roast Pork |
| | Cauliflower Cheese | Homemade Plain Omelette | Quorn & Mushroom Chilli | Cheese Leek & Potato Bake | Vegetable & Bean Cottage Pie | Macaroni Cheese | Cauliflower & Broccoli Pasta Bake |
| | Salmon & Salad Pasta | Cold Sliced Ham | Cold Sliced Turkey | Cold Sliced Ham | Cold Sliced Beef | Cold Sliced Ham | Peppered Mackerel |
| | Gravy | | | Gravy | Gravy | | Gravy |
| Choose 2 items from this section of the menu | Seasonal Side Salad | Seasonal Side Salad | Seasonal Side Salad | Seasonal Side Salad | Seasonal Side Salad | Seasonal Side Salad | Seasonal Side Salad |
| | Fresh Carrot & Swede Batons | Baked Beans | Sweetcorn | Broccoli Florets | Garden Peas | Sweetcorn | Brussels Sprouts |
| | Garden Peas | Garden Peas | Broccoli Florets | Garden Peas | Baked Beans | Baked Beans | Fresh Baton Carrots |
| | Herby Diced Potatoes | Steamed White Rice | Steamed White Rice | Roast Potatoes | Skin on Chips | Jacket Potato | Roast Potatoes |
| | Creamed Potato | Creamed Potato | Creamed Potato | Creamed Potato | Creamed Potato | Creamed Potato | Creamed Potato |
| | Boiled Potatoes | Jacket Potato | | | Steamed White Rice | | |
| Choose 1 item from this section of the menu | Vanilla Sponge | Apple Crumble | Chocolate Sponge | Summer Fruit Crumble | Apple Crumble | Chocolate Sponge | Rice Pudding |
| | Fruit Cocktail in Natural Juice | Mandarins in Natural Juice | Apricots in Natural Juice | Peaches in Natural Juice | Mandarins in Natural Juice | Fresh Fruit Salad in Natural Juice | Pineapple Pieces in Natural Juice |
| | Vegan Vanilla Ice Cream | Vegan Vanilla Ice Cream | Vegan Vanilla Ice Cream | Vegan Vanilla Ice Cream | Vegan Vanilla Ice Cream | Vegan Vanilla Ice Cream | Vegan Vanilla Ice Cream |
| | Custard | Custard | Custard | Custard | Custard | Custard | |

Important This menu is for those following a dairy free diet. Items on white background are produced together with our normal menu as these recipes already contain no dairy in their ingredients. All items on a **shaded background** are produced separately from our main menu or are sourced as dairy free. *Issue 42 Autumn/Winter 19/20*