

# Dairy Free Menu Supper - Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Choose 1 item from this section of the menu	Homemade Butterbean & Leek Soup	Heinz Oxtail Soup	Heinz Lentil Soup	Homemade Carrot & Coriander Soup	Heinz Minestrone Soup	Heinz Lentil Soup	Homemade Sweet Potato & Red Pepper Soup
	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Choose 1 item from this section of the menu	A sandwich option is available on white or wholemeal bread, please choose from the following fillings:- Vegan Cheese, Tuna Mayo, Egg Mayo, Plain Egg, Salad or Cold Meat (As Available) with :- Pickle, Tomato, Cucumber, Salad						
	Mexican Meatballs	Savoury Minced Lamb	Pork & Butterbean Casserole	Savoury Minced Beef	Chicken Korma	Farm Assured Sausages in Onion Gravy	Chicken Meatballs in Tomato & Basil Sauce
	Quorn & Vegetable Hotpot	Cheese Leek & Potato Bake	Mushroom & Spinach Risotto	Vegetable Lasagne	Bean & Vegetable Cottage Pie	Homemade Plain Omelette	Sweet & Sour Vegetables
Choose 2 items from this section of the menu	Steamed White Rice	Oven Baked Potato Wedges	Potato Hash Brown	Herby Diced Potatoes	Steamed White Rice	Boiled Potatoes	Steamed White Rice
	Creamed Potato	Creamed Potato	Creamed Potato	Creamed Potato	Creamed Potato	Creamed Potato	Creamed Potato
	Sweetcorn	Mixed Vegetables	Winter Vegetable Medley	Fresh Carrot & Swede Mix	Cauli, Broccoli & Carrot Medley	Baked Beans	Whole Green Beans
	Garden Peas	Seasonal Side Salad	Seasonal Side Salad	Seasonal Side Salad	Boiled Potatoes	Garden Peas	Potato Hash Brown
Choose 1 item from this section of the menu	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
	Fresh Banana	Fresh Satsuma	Fresh Apple	Fresh Banana	Fresh Satsuma	Fresh Banana	Fresh Apple

**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*