

# Dairy Free Menu Supper - Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Choose 1 item from this section of the menu	Homemade Butterbean & Leek Soup	Heinz Minestrone Soup	Heinz Lentil Soup	Heinz Oxtail Soup	Heinz Minestrone Soup	Homemade Carrot & Coriander Soup	Homemade Sweet Potato & Roasted 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						
	Pork Goulash	Savoury Minced Beef	Pork & Carrot Meatballs in Tomato & Basil Sauce	Braised Steak & Mushrooms	Farm Assured Sausage Casserole	Chilli Con Carni	Chicken with Tomatoes & Mushrooms in Red Wine Sauce
	Cauliflower Cheese	Quorn & Mixed Vegetable Taco's	Lentil & Vegetable Casserole	Vegetable Risotto	Jacket Potato with Baked Beans	Homemade Plain Omelette	Creamy Cheesy Vegetable Pie
Choose 2 items from this section of the menu	Garden Peas	Fresh Sliced Carrots	Country Mixed Vegetables	Fresh Carrot & Swede Mix	Winter Vegetable Medley	Steamed White Rice	Cauli, Broccoli & Carrot Medley
	Creamed Potato	Creamed Potato	Creamed Potato	Creamed Potato	Creamed Potato	Creamed Potato	Creamed Potato
	Streamed White Rice	Jacket Potato	Jacket Potato Wedges	Potato Hash Browns	Boiled Potatoes	Jacket Potato	Baked Beans
	Herby Diced Potatoes	Seasonal Side Salad		Seasonal Side Salad		Seasonal Side Salad	Boiled Potatoes
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*