

Dairy-free menu

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot & coriander	Lentil	Tomato	Leek & potato	Lentil
Main meal 1	Tomato Pasta	Chicken curry & rice	Chicken burger & wedges	Sausage & mash	Fish & chips
Main meal 2		Sweet potato curry & rice		Vegan sausage & mash	
Main meal 3	Baked potato with	Tuna or d/f cheese roll	Baked potato with tuna or d/f cheese	Ham or d/f cheese sandwich	Tuna or d/f cheese sandwich
Veg /sides	Broccoli/salad	Carrot/peas/salad	Sweetcorn/salad	Swede/salad	Peas/salad
Dessert	D/F yoghurt	Jelly	D/F yoghurt	D/F yoghurt	D/F yoghurt

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable	Lentil	Leek & potato	Tomato	Lentil
Main meal 1	Beans on toast	Chicken Tenders & wedges	Pasta Bolognese	Fish cakes & new potato	Fish & chips
Main meal 2		Veg stir fry with noodles	Veg meatballs and pasta	Vegan sausage roll & new potato	Quorn sausage & chips
Main meal 3	Baked potato with coleslaw or beans	Ham or egg sandwiches	Baked potato with Tuna or d/f cheese	Tuna or d/f cheese sandwich	Chicken or d/f cheese sandwich
Veg /sides	Broccoli/salad	Sweetcorn /salad	Mixed veg /salad	Beans/ salad	Peas/salad
Dessert	D/F yoghurt	Jelly	D/F yoghurt	D/F yoghurt	D/F yoghurt

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil	Carrot & coriander	Lentil	Leek & potato	Tomato
Main meal 1	Tomato pasta	BBQ Chicken & rice	Beef chilli nachos	Chicken curry & rice	Fish & chips
Main meal 2	Quorn nuggets & new potato		Quorn chilli nachos	d/f cheesy beano	Vegan sausage in finger roll & chips
Main meal 3	Baked potato with Beans or d/f cheese	Tuna or d/f cheese sandwich	Baked potato with tuna or beans	Ham or d/f cheese sandwich	Baked potato with beans or d/f cheese
Veg /sides	Green beans/salad	Broccoli/salad	Sweetcorn/salad	Carrot/peas/salad	Beans/salad
Dessert	D/F yoghurt	D/F yoghurt	Jelly	D/F yoghurt	Cookie

