

DAIRY FREE MENU

LOOK OUT FOR
OUR THEMED DAYS!
WEEK ONE

4TH NOVEMBER
2ND DECEMBER
6TH JANUARY
3RD FEBRUARY
10TH MARCH

WEEK TWO

11TH NOVEMBER
9TH DECEMBER
13TH JANUARY
10TH FEBRUARY
17TH MARCH

WEEK THREE

18TH NOVEMBER
16TH DECEMBER
20TH JANUARY
24TH FEBRUARY
24TH MARCH

WEEK FOUR

25TH NOVEMBER
30TH DECEMBER
27TH JANUARY
3RD MARCH
31ST MARCH

MONDAY
Sweet Potato & Chick Pea Curry **VG**
Herby Tomato Pasta Bows **1VG**
.....
Rice, Sweetcorn
Peppers
.....
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Rice & Bean Burrito **1VG**
Jackets with a Beans or
Tuna Mayonnaise **8,9**
.....
Baked Wedges
Green Beans, Cauliflower
.....
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Spaghetti Vegetable Bolognese **1VG**
.....
New Potatoes
Green Beans, Carrots
.....
Syrup Sponge **1VG**
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Meatfree Meatballs in Tomato Sauce **VG**
Jackets with a Beans or
Tuna Mayonnaise **8,9**
.....
Rainbow Pasta **1VG**
Sweetcorn, Peppers
.....
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

TUESDAY
Beef Stew & Dumpling **1**
Jackets with a Beans or
Tuna Mayonnaise **8,9**
.....
Green Beans, Carrots
Apple Crumble **1VG**
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Mild Chilli Beef **4**
Jackets with a Beans or
Tuna Mayonnaise **8,9**
.....
Rice, Seasonal Vegetables
Toffee Apple Pudding **1VG**
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Katsu Chicken Nugget **1**
Jackets with a Beans or
Tuna Mayonnaise **8,9**
.....
Rice, Sweetcorn, Peppers
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Chicken Curry
Tomato Spaghetti **1VG**
.....
Rice, Seasonal Vegetables
Banana Loaf **1VG**
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

WEDNESDAY
Roast Turkey & Gravy
Falafel Burger **1,5 VG**
.....
Rustic Roast Potatoes or Jollof Rice
Cauliflower, Broccoli
.....
Fruit Jelly **VG**
Mr Nourish Biscuit **1VG**, Fruit Pots **VG**

Roast Chicken & Gravy
Vegan Sausage Roll **1VG**
Arrabiatta Pasta **1VG**
.....
Rustic Roast Potatoes or Jollof Rice
Cabbage, Sweetcorn
.....
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Roast Chicken & Gravy
Samosa Puff **1VG**
Jackets with a Beans or
Tuna Mayonnaise **8,9**
.....
Rustic Roast Potatoes, Cabbage, Peas
.....
Fruit Jelly **VG**
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Roast Chicken & Gravy
Chinese Tofu Wrap **1,3,16 VG**
Jackets with a Beans or
Tuna Mayonnaise **8,9**
.....
Rustic Roast Potatoes or Jollof Rice
Green Beans, Carrots
.....
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

THURSDAY
Chicken Arrabiatta Pasta **1**
Biryani Balls in a Curry Sauce **1,5 VG**
.....
Jackets with a Beans or
Tuna Mayonnaise **8,9**
.....
Seasonal Vegetables
.....
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Chicken & Sweetcorn Pie **1**
Herby Tomato Pasta Twists **1VG**
.....
New Potatoes
Carrots, Peas
.....
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Sweet Chilli Chicken Noodles **1,3,16**
Potato & Vegetable Cake
with Tomato Sauce **VG**
.....
Seasonal Vegetables
.....
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

Beef Bolognese Penne Pasta **1**
Tomato & Sweetcorn Penne **1VG**
.....
Cauliflower, Broccoli
.....
Jam & Vanilla Cake **1VG**
Mr Nourish Biscuit **1VG**
Fruit Pots **VG**

FRIDAY
Beefburger in a Bun **1,5**
.....
Chips, Peas
Baked Beans
.....
Coleslaw **9**
.....
Ginger Biscuit **1,15 VG**
Fruit Pots **VG**

Fish Fingers **1,8**
Herby Tomato Pasta Twists **1VG**
.....
Chips, Peas
Baked Beans, Carrot Sticks
.....
Jaffa Biscuit **1VG**
Fruit Pots **VG**

Sausages **1,6**
Quorn Sausage **1VG**
Jackets with a Beans or
Tuna Mayonnaise **8,9**
.....
Chips, Peas
Baked Beans, Roasted Onions
.....
Apple Flapjack **1,15 VG**
Fruit Pots **VG**

Fish Fingers **1,8**
Jackets with a Beans or
Tuna Mayonnaise **8,9**
.....
Chips, Peas
Baked Beans, Coleslaw **9**
.....
Fruit Pots **VG**

AVAILABLE DAILY: Selection of Salads **9**, Homemade Bread **1,3,7,9**. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

VG Vegan V Vegetarian
1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk
8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten



EAT YOUR VEGGIES!