

Dairy free menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Lentil soup	Vegetable soup		Tomato soup	
Fish fingers wrap with diced potato & pea's	Chicken stir fry rice	Beef casserole Veg and chips	Chicken burger Salad & potato wedges	Pasta bolognaise Crusty bread & salad
Mac & cheese diced potato & pea's	Veggie nuggets Potato wedges veg		Baked potato With beans	Cheese sandwich Cherry tomatoes coleslaw
		yoghurt		Frozen smoothie

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
	Lentil soup		Tomato soup	Vegetable soup
Chicken goujons salad and potato wedges	Tomato pasta with meatballs And crusty roll	Mince mash potato & green beans	Fish fingers, herby diced potato & veg	Hotdog with salad & corn on the cob
Veggie curry, rice & pitta	Quorn chilli rice and pitta	Cheese baguette, salad and coleslaw	Tomato & veggie pasta, herby diced potato & veg	Baked potato with beans
Yoghurt & mandarins		Jelly & pineapple chunks		

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Lentil soup		Vegetable soup	Tomato soup	
Chicken curry, rice & pitta	Bangers, mash & green beans	Fish, chips & peas	Roast turkey dinner (no Yorkshire pudding)	Chicken pitta salad & sweet potato wedges
Tomato & basil pasta with salad & crusty bread	Egg roll salad & coleslaw	Baked potato with cheese & beans	Quorn burger Salad, coleslaw	Margarita pizza with sweet potato wedges & corn
	Frozen smoothie			Yoghurt & strawberry's