

Dairy free menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Lentil Soup	Vegetable Soup		Tomato Soup	
Fish Fingers wrap Diced potato & peas	Chicken Stir fry Rice	Beef Casserole Chips & Vegetables	Chicken Burger Potato wedges & salad	Pasta Bolognese Crusty bread & salad
Mac & cheese With diced potato & peas	Veggie nuggets Potato wedges & vegetables	Baked Potato Dairy free cheese	Baked Potato & beans	Cheeses sandwich Cherry tomatoes & coleslaw
		Yoghurt		Frozen smoothie

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
	Lentil Soup		Tomato Soup	Vegetable Soup
Chicken goujons Potato wedges & salad	Tomato pasta with meatballs Crusty roll	Mince & mash potato with green beans	Fish fingers Herby diced potato & veg	Hotdog Salad & corn on the cob
Veggie curry Rice & wrap	Quorn chilli Rice & wrap	Cheese baguette Salad & coleslaw	Tomato & veggie pasta, Herby dice potato & veg	Baked Potato & beans
Yoghurt & Mandarins		Jelly & Pineapple chunks		

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Lentil Soup		Vegetable Soup	Tomato Soup	
Chicken curry Rice & wrap	Bangers, mash & green beans	Fish & chips with peas	Roast Turkey dinner (No Yorkshire Pudding)	Chicken pitta Sweet potato wedges & salad
Tomato & basil pasta with salad & crusty bread	Egg roll salad & coleslaw	Baked Potato with cheese & beans	Quorn burger (Vegan) Salad & coleslaw	Margherita pizza Sweet potato wedges & corn
	Frozen smoothie			Yoghurt & strawberries

