

AMEY primary school dairy-free menu 2025 to 2026

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil soup	Tomato soup	Vegetable soup	Lentil soup	Vegetable
Main meal 1	D/F Pizza	Chicken curry & rice	Sausage & mash potato	Turkey burger & wedges	Fish & chips
Main meal 2	Neapolitan pasta	Sweet potato & spinach curry with rice	Vegan sausage & mash potato	Veg stir fry with noodles	Beans on toast
Main meal 3	Baked potato with coleslaw	D/F cheese /ham sandwich	D/F Cheese/tuna sandwich	Baked potato tuna/beans	D/F Cheese/chicken sandwich
Dessert	D/F Yoghurt	D/F Yoghurt	D/F Yoghurt	Jelly	Yoghurt

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Sweet potato & lentil soup	Tomato soup	Lentil soup	Vegetable soup	Lentil soup
Main meal 1	Tomato Pasta	BBQ chicken & rice	Beef burger with wedges	D/F pizza with wedges	Fish & chips
Main meal 2	Quorn katsu curry with rice	Quorn fajitas & rice	Bubble salmon with baby potato Baked potato with tuna / coleslaw	Chicken/veg meatball in tomato pasta	Vegan sausage roll with beans
Main meal 3	Baked potato with beans/ D/F cheese	D/F Cheese/chicken sandwich	Baked potato with tuna / coleslaw	D/F cheese / tuna sandwich	Baked potato with D/F cheese / beans
Dessert	D/F Yoghurt	Jelly	D/F Yoghurt	D/F Ice cream	D/F Yoghurt

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek & potato soup	Sweet potato soup	Cajun pepper soup	Lentil soup	Lentil soup
Main meal 1	D/F Pizza	Quorn nuggets with new potato	Cottage pie	Roast chicken sausage & potato croquettes	Fish & chips
Main meal 2	Baked potato with beans / coleslaw	Chicken mayo /DF cheese wrap	Quorn lentil cottage pie	Tuna mayo pasta	Baked potato with beans /tuna
Main meal 3			D/F cheese/ ham sandwich	Baked potato with D/F cheese / beans	
Dessert	D/F Yoghurt	D/F Yoghurt	D/F Yoghurt	Jelly	D/F Yoghurt