



Spring Dairy free Menu 2020

Week One

Weeks beginning

24th Feb, 16th March, 20th Apr, 11th May

Week Two

Weeks beginning

2nd March, 23rd March, 27th Apr, 18th May

Week Three

Weeks beginning

9th March, 30th March, 4th May,

Monday



Meat: Handmade ff beef burger in a bun
Veg: Meat free burger
With: Potato slices and sweetcorn
Dessert: Free from cake

Meat: FF Hotdog in a roll
Veg: Meat free sausage in a roll
With: Potato slices and sweetcorn
Dessert: Free from cake

Meat: BBQ Chicken
Veg: meat free BBQ chicken
With: Potato slices and sweetcorn
Dessert: Free from cake

Tuesday



Meat: chicken and potato pie
Veg: ff Cheese and potato pie
With: French bread
Dessert: Free from cake

Meat: Beef chow Mein Noodles
Veg: Vegetable chow Mein
With: Prawn crackers, peppers and carrots.
Dessert: Free from cake

Meat: Love food breakfast
Veg: Vegetable breakfast
With: Hash brown ff soya scrambled eggs and beans
Dessert: Free from cake

wednesday



Meat: Roast Beef
Veg: Vegetable casserole
With: Roasts, Ff Yorkshire, Green beans & Carrots
Dessert: Various biscuits

Meat: Roast Chicken
Veg: Cauliflower ff cheese bake
With: Roasts, FF Yorkshire, Green beans & Carrots
Dessert: Various biscuits

Meat: Roast Pork
Veg: Falafel
With: Roasts, FF Yorkshire, Green beans & Carrots
Dessert: Various biscuits

Thursday



Meat: Meatball pasta
Veg: Tomato and butternut squash pasta
With: ff Garlic bread and mixed salad
Dessert: Melon and pineapple slices

Meat: Rigatoni bolognese ff mozzarella bake
Veg: Rigatoni with tomato and ff mozzarella
With: ff Garlic bread and mixed salad
Dessert: Melon and pineapple slices

Meat: Macaroni cheese with ham
Veg: Macaroni cheese
With: ff Garlic bread and Mixed salad
Dessert: Melon and pineapple slices

Friday



Meat: Breaded cod
Veg: Fishless fingers
With: Oven baked chips and peas
Dessert: Free from cake

Meat: Fish fingers
Veg: Fishless fingers
With: Oven baked chips and peas
Dessert: Free from cake

Meat: Cod cake
Veg: Chicken style nuggets
With: Oven baked chips and peas
Dessert: Free from cake

Soup option

Lunch box option

Jacket potato

Everyday items

Warm Heinz soup served in an insulated cup with a bread roll, choose from vegetable

Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam, ff Cheese, Ham, Chicken, or Tuna ff mayo, vegan ham or vegan chicken. All lunch boxes come with a piece of fruit, a soya yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese, popcorn, pretzels, raisins, dried bananas, Crackers, raw pepper batons, pineapple sticks, melon sticks, veggie straws

All Jacket potatoes come with a choice of either one or two of the following Fillings: Soya cheese, Beans, Tuna free from mayo, and salad.

Soya Milk, Water, Bread, Soya Yoghurts and fruit are available every day.

Paid meals are £2.40



Love Food