

DAIRY FREE ALTERNATIVE MENU NOVEMBER 2020

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barbeque chicken served with rice and corn on the cob	Pasta bake NO Cheese served with and salad	Turkey served in gravy with mashed potatoes and vegetables	All day breakfast, sausage, hash brown, DF omelette , and beans	MSC Fish and chips served with peas and ketchup
Pasta bake NO Cheese served with corn on the cob	No alternative available	Quorn casserole served with mashed potatoes and vegetables	All day breakfast, vegetarian sausage, hash brown, DF omelette , and beans	Vegetable ¼ pounder served with chips, peas, and ketchup
	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with bolognese, carrot and cucumber sticks	*Jacket potato served with beans and side salad	
DF Cookie or Fruit/ DF Yoghurt	DF Apple pie or Fruit/ DF Yoghurt	NO Ice cream pot and melon slice or Fruit/ DF Yoghurt	DF Flapjack or Fruit/ DF Yoghurt	DF Jam tart or Fruit/ DF Yoghurt
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DF Chicken curry served with rice, peas, and wholemeal pitta bread	No alternative available	Chicken breast served in gravy with roast potatoes and vegetables	DF Cheese and tomato pizza served with herby diced potatoes, corn on the cob and ketchup	MSC fishcake served with mashed potato and beans
DF Banana and vegetable curry served with rice, peas, and wholemeal pitta bread	Vegetarian meatballs in a tomato and basil sauce served with wholewheat pasta and side salad	No alternative available	No alternative available	Vegetable fingers served with mashed potato and beans
	*Jacket potato served with mild chilli and side salad	*Jacket potato served with coleslaw and crunchy salad	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with beans and carrot/cucumber sticks
Fruit/ DF Yoghurt	DF Flapjack or Fruit/ DF Yoghurt	DF Cookie or Fruit/ DF Yoghurt	Peaches and NO ice cream or Fruit/ DF Yoghurt	DF Lemon drizzle cake NO custard or Fruit/ DF Yoghurt

Wholemeal bread provided on a daily basis

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WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken burger in a wholemeal bun served with seasoned wedges, side salad and mayonnaise	Wholewheat pasta Bolognese served with carrots and NO garlic bread	Roast beef in gravy served with roast potatoes, vegetables, and NO Yorkshire pudding	Lincolnshire sausage and mash served with beans	MSC jumbo fish finger served with herby diced potatoes, peas, and ketchup
Quorn burger in a wholemeal bun served with seasoned wedges, side salad and mayonnaise	Vegetable wholewheat pasta Bolognese served with carrots and NO garlic bread	Quorn fillet in gravy served with roast potatoes, vegetables, and NO Yorkshire pudding	Vegetarian sausage and mash served with beans	No substitute available
	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with mild chilli and crunchy salad	*Jacket potato served with beans and carrot/cucumber sticks	
Fruit/DF Yoghurt	DF Apple pie NO Custard or Fruit/DF Yoghurt	DF Jam tart or Fruit/DF Yoghurt	Orange and mandarin jelly with NO cream or Fruit/DF Yoghurt	DF Lemon drizzle cake or Fruit/DF Yoghurt

Menus run on a three-week revolving basis, changing twice a year, after the Easter Holidays and Autumn Half Term. The current menu as shown above will be available on the following dates.

Week 1	Week 2	Week 3
Weeks commencing	Weeks commencing	Weeks commencing
2 nd November 2020	9 th November 2020	16 th November 2020
23 rd November 2020	30 th November 2020	** 7th December 2020
** 14th December 2020	4 th January 2021	11 th January 2021
18 th January 2021	25 th January 2021	1 st February 2021
8 th February 2021	22 nd February 2021	1 st March 2021
8 th March 2021	15 th March 2021	22 nd March 2021
29 th March 2021		

* Jacket Potato option not available at all schools.

** These weeks will be subject to change due to Christmas dinners, and will be available from your school nearer the time.

** w/c 14th December special menu for wed/thur & fri

PLEASE NOTE: Thursday the 5th of November will be a Bonfire night special menu and the main option pudding for Friday the 13th of November will be Children in Need Cake.

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Bonfire Night Thursday 5th November

Bangers in a bun served with herby diced potatoes and spaghetti hoops

Vegetarian bangers in a bun served with herby diced potatoes and spaghetti hoops

DF Apple pie

WEEK Commencing 14th December 2020

MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 18th
Barbeque chicken served with rice and corn on the cob	Pasta bake NO Cheese served with and salad	DF Cheese and tomato pizza served with diced potatoes and beans	Sausage in a bun served with seasoned wedges, corn on the cob and ketchup	Chicken nuggets served with chips and spaghetti hoops
Tomato and basil pasta bake topped with NO cheese served with corn on the cob	No alternative available	No alternative available	Vegetarian sausage in a bun served with seasoned wedges, corn on the cob and ketchup	Quorn nuggets served with chips and spaghetti hoops
	*Jacket potato served with tuna mayonnaise and side salad	*Jacket potato served with beans and crunchy salad	*Jacket potato served with tuna mayonnaise and carrot/cucumber sticks	
DF Cookie or Fruit/DF Yoghurt	DF Apple pie or Fruit/DF Yoghurt	DF Gingerbread or Fruit/DF Yoghurt	Fruit/DF Yoghurt	Fruit/DF Yoghurt

Christmas Dinner (weeks commencing 7th and 14th December, date to be advised)

Turkey served with roast potatoes, vegetables, pigs in blankets, stuffing, and cranberry sauce

Quorn fillet served with roast potatoes, vegetables, vegetarian sausage, stuffing, and cranberry sauce

DF Vanilla cake

Wholemeal bread provided on a daily basis