



NAME:

SCHOOL:

ALLERGY:
Dairy Free

Also served daily:

Fresh Fruit
Wholemeal Bread
Water

Free From Knorr
Gravy **ONLY** to be used

**ONLY THE
FOOD STATED
ON THIS MENU
IS TO BE
SERVED**

PRIMARY MENU

WEEK 1

WEEK 2

WEEK 3

<p>MONDAY</p> <p>Cod & Salmon Fish Fingers Or Broccoli & Tomato Pasta Herby Diced Potatoes Baked Beans, Sweetcorn, Garden Peas, Salad Dairy Free Raspberry & Peach Swirl Sponge</p>	<p>MONDAY</p> <p>Pork Sausage Or Five Bean Chilli with French Bread Potato Wedges or Vegetable Rice Baked Beans, Garden Peas, Salad Dairy Free Apple Sponge</p>	<p>MONDAY</p> <p>Lemon Sole Or Mushroom and Leek Bake Jacket Potato or Sauté Potatoes Garden Peas, Sweetcorn, Broccoli, Salad Dairy Free Apple Brownies with Fruit Slices</p>
<p>TUESDAY</p> <p>Beef Bolognaise Or Falafel Burger Pasta or Potato Wedges Mixed Vegetables, Broccoli, Salad Fresh Fruit</p>	<p>TUESDAY</p> <p>Seaside Salmon Fillet Or Vegetable Plant Ball in Tomato Sauce with French Bread Pasta or Diced Potatoes Broccoli, Garden Peas, Sweetcorn, Salad Fresh Fruit</p>	<p>TUESDAY</p> <p>Southern Style Vegetable Burger Pasta or Potato Wedges Mixed Vegetables, Garden Peas, Sweetcorn, Salad Fresh Fruit</p>
<p>WEDNESDAY</p> <p>Roast Turkey & Stuffing in FF Gravy Or Vegetable Sausage Boiled Potatoes Green Cabbage, Carrots & Diced Swede Fruit Jelly</p>	<p>WEDNESDAY</p> <p>Roast Pork & Apple Sauce in FF Gravy Or Vegetable Casserole Boiled Potatoes Green Beans, Swede & Broccoli Dairy Free Mousse</p>	<p>WEDNESDAY</p> <p>Roast Beef with FF Gravy Or Quorn Fillet Boiled Potatoes Baton Carrots, Cabbage, Swede Dairy Free Mousse & Fruit Wedges</p>
<p>THURSDAY</p> <p>Vegetable & Lentil Shepherds Pie Boiled Potatoes Carrots, Garden Peas, Broccoli, Salad Fresh Fruit</p>	<p>THURSDAY</p> <p>Chicken Fillet in FF Gravy Or Vegetable Sausage Boiled Potatoes Carrots, Cabbage, Country Vegetables, Salad Fresh Fruit</p>	<p>THURSDAY</p> <p>Pork Frikadellons Or Garden Vegetable Pie Boiled Potatoes Baked Beans, Carrots, Garden Peas Fresh Fruit</p>
<p>FRIDAY</p> <p>Fish Fillet Or Spinach and Chickpea Curry Vegetable Rice or Chipped Potatoes Mixed Vegetables, Sweetcorn, Broccoli, Salad Dairy Free Mandarin Sponge Slice</p>	<p>FRIDAY</p> <p>Quorn Dippers Jacket Potato or Chipped Potatoes Mini Corn Cobs, Mixed Vegetables, Salad Dairy Free Fruit Muffin</p>	<p>FRIDAY</p> <p>Pork Sausage Vegetable Rice or Chipped Potatoes Broccoli, Sweetcorn, Garden Peas, Salad Fruit Jelly</p>