

Menu 2 wks

		Week 1		Week 2	
		Main Menu	Dairy free	Main Menu	Dairy free
Mon	Lunch	Sweet potato and chickpea curry with cucumber salad served with nan bread Natural yoghurt	Sweet Potato with chickpea curry with cucumber salad served with pitta bread Alpro Soya yoghurt/coconut yoghurt	Vegetarian risotto Lemon sponge	
	Tea	Selection of sandwiches and wraps with crudités Orange and pear	Selection of sandwiches and wraps with crudités (no dairy and vegan cheese)	Pasta salad Natural yoghurt with berries	Alpro Soya yoghurt/coconut yoghurt with berries
Tue	Lunch	Chilli con carne and rice with steamed carrots and broccoli Lentil and vegetable sauce and rice with steamed carrots and broccoli Natural yoghurt with raspberry coulis	Alpro yoghurt/coconut yoghurt with raspberry coulis	Lasagne with green beans Vegetable lasagne and green beans Fresh fruits selection	Lasagne with green beans (freefrom white sauce, vegan cheese) Fresh fruit
	Tea	Couscous with roasted tomatoes and broccoli Fruit scones	Fruit scones dairy free	Fish cakes, pita bread and cucumber salad Vegetable fingers, pita bread and cucumber salad Natural yoghurt with bananas	Alpro Soya yoghurt/coconut yoghurt with bananas
Wed	Lunch	Baked salmon with a teriyaki glaze served with egg noodles and greens Vegetarian fingers served with egg noodles and greens Bread pudding	Fruit	Fish pie and green beans Lentil and vegetable pie and green beans Fresh fruits selection	Fish pie non dairy mash (Oat milk, pure spread)
	Tea	Jacket potatoes with baked beans, tuna mayo and/or cheese Melon and pineapple	Jacket potatoes with baked beans, free from tuna mayo and vegan cheese	Sweet potato wedges with baked beans and cucumber sticks Fresh fruit selection	
Thu	Lunch	Tuna pasta bake with steamed broccoli and cauliflower Pasta with broccoli sauce Apple crumble	Tuna pasta bake with steamed broccoli and cauliflower (oat milk & vegan cheese) Oat and fruit cake	Shepherd's pie with steamed carrots Pulses and vegetables shepherd's pie with steamed carrots Natural yoghurt with honey	Shepherd's pie with steamed carrots non dairy mash (Oat milk, pure spread) Alpro Soya yoghurt/coconut yoghurt
	Tea	Baked salmon and peas with toasted muffins Vegetarian fingers and peas with toasted muffins Fresh fruit selection	Pita bread	Vegetable and tomato pasta with grated cheddar Fresh fruit selection	Vegan cheese
Fri	Lunch	Spaghetti Bolognese with cheese and green beans Vegetarian spaghetti Bolognese with cheese and green beans Fresh fruits selection	Vegan cheese	Beef burgers in wholemeal rolls with cucumber and lettuce Vegetarian burger in rolls with cucumber and lettuce Fresh fruits selection	Pita bread
	Tea	Gnocchi with pesto, peas and spinach Yoghurt with fruits	Alpro yoghurt/coconut yoghurt with fruits	Margherita pizza with sweetcorn Yoghurt with fruits	Margherita pizza with sweetcorn (vegan cheese) Alpro yoghurt/coconut yoghurt with fruits