

## Dairy Free Weekly Menus – October 2015

| Week 1       | Monday  | Tuesday                                 | Wednesday   | Thursday  | Friday  |
|--------------|---|---|---|---|---|
| <b>Snack</b> | Cucumber and tomatoes                             | Wraps and cheese*                       | Fruit   | Rice cakes  | Fruit toast   |
| <b>Lunch</b> | Fish fingers, potatoes and mushy peas<br>Yoghurt* | Roast chicken dinner<br>Fruit           | Cottage pie and vegetables<br>Yoghurt*            | Pizza and beans*<br>Chocolate cake and mint sauce*    | Meatballs in onion gravy, mashed potato and vegetables<br>Jam slice |
| <b>Snack</b> | Toast   | Crumpets                                | Naan  | Pitta bread and cheese*                               | Vegetable sticks  |
| <b>Tea</b>   | Sausage, hash browns and beans<br>Fruit           | Pasta bolognese<br>Crumble and custard* | Chicken goujons potatoes and peas<br>Ginger snaps | Mince and onion pie, potatoes and vegetables<br>Fruit | Chicken casserole<br>Yoghurt*†                                      |

| Week 2       | Monday  | Tuesday  | Wednesday                                    | Thursday                           | Friday                               |
|--------------|---|--|--|------------------------------------|--------------------------------------|
| <b>Snack</b> | Rice cakes                                    | Fruit toast                                    | Toast  | Wraps and cheese                   | Cucumber and tomatoes                |
| <b>Lunch</b> | Burgers, wedges, and beans<br>Fruit           | Salmon and vegetable pasta bake*<br>Yoghurt *  | Sausage casserole and mashed potato<br>Fruit | Beef stew and dumplings<br>Cookies | Chicken curry and rice*<br>Jam slice |
| <b>Snack</b> | Crumpets                                      | Fruit  | Dip and veg                                  | Cucumber and carrot sticks         | Pitta and cheese*                    |
| <b>Tea</b>   | Cod cubes, mashed potato and peas<br>Yoghurt* | Mixed bean casserole and cous cous<br>Flapjack | Cheese and onion pie and beans*<br>Buns      | Chicken pasta bake*<br>Fruit       | Beef hotpot<br>Yoghurt*              |

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| Week 3       | Monday  | Tuesday                                  | Wednesday  | Thursday  | Friday  |
|--------------|---|--|--|---|---|
| <b>Snack</b> | Toast   | Crumpets                                 | Naan   | Pitta bread and cheese*                               | Vegetable sticks  |
| <b>Lunch</b> | Sausage, hash browns and beans<br>Fruit           | Pasta bolognaise<br>Crumble and custard* | Chicken goujons<br>potatoes and peas<br>Ginger snaps | Mince and onion pie, potatoes and vegetables<br>Fruit | Chicken casserole<br>Yoghurt*                                       |
| <b>Snack</b> | Cucumber and tomatoes                             | Wraps and cheese                         | Fruit  | Rice cakes  | Fruit toast   |
| <b>Tea</b>   | Fish fingers, potatoes and mushy peas<br>Yoghurt* | Roast chicken dinner<br>Fruit            | Cottage pie and vegetables<br>Yoghurt*               | Pizza and beans*<br>Chocolate cake and mint sauce*    | Meatballs in onion gravy, mashed potato and vegetables<br>Jam slice |

| Week 4       | Monday                                     | Tuesday  | Wednesday                                    | Thursday                           | Friday                               |
|--------------|--|--|--|------------------------------------|--------------------------------------|
| <b>Snack</b> | Crumpets                                   | Fruit  | Dip and veg                                  | Cucumber and carrot sticks         | Pitta and cheese                     |
| <b>Lunch</b> | Cod cubes, mashed potato and peas<br>Fruit | Mixed bean casserole and cous cous<br>Flapjack | Cheese and onion pie and beans*<br>Buns      | Chicken pasta bake*<br>Fruit       | Beef hotpot<br>yoghurt               |
| <b>Snack</b> | Rice cakes                                 | Fruit toast                                    | Toast  | Wraps and cheese                   | Cucumber and tomatoes                |
| <b>Tea</b>   | Burgers, wedges, and beans<br>Yoghurt *    | Salmon and vegetable pasta bake*<br>Yoghurt*   | Sausage casserole and mashed potato<br>Fruit | Beef stew and dumplings<br>cookies | Chicken curry and rice*<br>Jam slice |

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