



REAL FOOD FOR REAL ENERGY

Dairy Free Menu - April - October 2025

		Week One	Week Two	Week Three
		21/04, 12/05, 09/06, 30/06, 14/07, 01/09, 22/09, 13/10	28/04, 19/05, 16/06, 07/07, 08/09, 29/09	05/05, 02/06, 23/06, 14/07, 15/09, 06/10
Monday	Option 1	*Cheese Slice (use of cheese)		*Cheese & Tomato Pizza (use of cheese)
	Option 2	Pasta Provencale	Tomato Pasta	Curried Vegetable Pasty
	served with	Pasta Baked Beans & Peas	Garlic Bread Mixed Salad & Sweetcorn	Pasta Coleslaw & Sweetcorn Salad
	Option 3	Jacket Potato with Beans	Jacket Potato with Beans	Jacket Potato with Beans
Dessert	Frozen Fruit Smoothie Fruit Jelly or Fresh Fruit	Frozen Fruit Smoothie Fruit Jelly or Fresh Fruit	Frozen Fruit Smoothie Fruit Jelly or Fresh Fruit	
Tuesday	Option 1	Chicken Fajitas (omit cheese)	Beef Tacos (omit cheese)	Baked Sausages
	Option 2	*Mexican Bean Wraps	*Veggie Tacos	Quorn Sausage
	served with	Rice Carrot Batons & Shredded Lettuce	Rice Roasted Mediterranean Vegetables	Mashed Potatoes Baked Beans & Peas
	Option 3	Jacket Potato with Beans	Jacket Potato with Beans	Jacket Potato with Beans
Dessert	Krispie Cake Fruit Jelly or Fresh Fruit	Cheeky Chocolate Cake Fruit Jelly or Fresh Fruit	Iced Carrot Cake Fruit Jelly or Fresh Fruit	
Wednesday	Option 1	Roast Chicken	Sausage Roll Slice	Roast Chicken & Stuffing
	Option 2		Quorn Sausage Roll	*Veggie Meatloaf
	served with	Roast Potatoes Green Beans & Mixed Vegetables	Roast Potatoes Diced Carrots & Broccoli	Roast Potatoes Cauliflower & Diced Carrots
	Option 3	Jacket Potato with Beans	Jacket Potato with Beans	Jacket Potato with Beans
Dessert	Orange Flapjack Fruit Jelly or Fresh Fruit	Oat Cookie Fruit Jelly or Fresh Fruit	Gooney Chocolate Biscuit Fruit Jelly or Fresh Fruit	
Thursday	Option 1	**Meaty Pizza	Pork Meatballs	Gammon Ham
	Option 2		Meatless Meatballs	
	served with	Saute Potatoes Mixed Salad & Coleslaw	Pasta Mixed Vegetables & Green Beans	Potato Puffs Cucumber Sticks & Grated Carrot Salad
	Option 3	Jacket Potato with Beans	Jacket Potato with Beans	Jacket Potato with Beans
Dessert	Iced Lemon Cake Fruit Jelly or Fresh Fruit	Ginger Cookie Fruit Jelly or Fresh Fruit	Marble Sponge Fruit Jelly or Fresh Fruit	
Friday	Option 1	Fish Fingers	Fish Fingers	Fish Fingers
	Option 2	Veggie Nuggets	Veggie Nuggets	Veggie Nuggets
	served with	Chips or Pasta Baked Beans & Sweetcorn	Chips or Pasta Baked Beans & Peas	Chips or Pasta Baked Beans & Sweetcorn
	Option 3	Jacket Potato with Beans	Jacket Potato with Beans	Jacket Potato with Beans
Dessert	Cooks Choice Fruit Jelly or Fresh Fruit	Cooks Choice Fruit Jelly or Fresh Fruit	Cooks Choice Fruit Jelly or Fresh Fruit	
Suitable for Vegetarians Suitable for Vegans & Vegetarians Contains Fish		All items are subject to availability All Items with * can be made Vegan Friendly www.wholeschoolmeals.co.uk		