

WHOLE SCHOOL MEALS - DAIRY FREE MENU - NOVEMBER 2021 - MARCH 2022

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Weeks 22-Nov 03-Jan 24-Jan 21-Feb 14-Mar	Optn 1 Homemade Pizza (v) (use vegan cheese)	Chicken Goujons or Spicy Tomato Pasta (vg)	Roast Pork with Apple Sauce & Gravy or Vegan Quorn Sausage & Gravy (vg)	Spaghetti Bolognese	Salmon Bites or Fish Fingers or Veggie Nuggets (vg)
	Optn 2 Mexican Bean Wraps (vg)	Crushed New Potatoes	Roast/Boiled Potatoes	Garlic Flatbread	Chips/Pasta
	Jacket Wedges & Ketchup	Broccoli & Carrots	Local Seasonal Vegetables & Cooks Choice	Mixed Vegetables & Broccoli	Baked Beans & Sweetcorn
	Opt 3 Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)
	Dessert Iced Banana Cake Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Raspberry Buns Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Vanilla Shortbread(vg) Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Chocolate Krispie Cake Fresh Fruit/Jelly/Oaty Apple Bar (vg)
Weeks 29-Nov 10-Jan 31-Jan 28-Feb 21-Mar	Optn 1 Tomato Pasta(vg) or Optn 2 Veggie Stir Fry with Rice (vg) or Noodles (v)	Meatballs in Tomato Sauce or Meatless Meatballs (vg)	Roast Chicken Thigh with Stuffing & Gravy Vegan Quorn Sausage & Gravy (vg)	Minced Beef Wellington & Gravy	Breaded/Battered Fish or Curried Veggie Pasty (vg)
	Garlic Dough Balls	Pasta	Roast/Boiled Potatoes	Creamed Potatoes	Chips/Pasta
	Peas & Mixed Vegetables	Broccoli & Carrots	Local Seasonal Vegetables & Cooks Choice	Cauliflower & Green Beans	Baked Beans & Peas
	Opt 3 Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)
	Dessert Oat Cookie Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Marble Sponge Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Frozen Fruit Smoothie (vg) & Fruit Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Lemon Drizzle Cake Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Chocolate Shortbread (vg) Fresh Fruit/Jelly/Oaty Apple Bar (vg)
Weeks 06-Dec 17-Jan 07-Feb 07-Mar 28-Mar	Optn 1 Pitta Pizza (v) (use vegan cheese)	Chicken Tacos (use vegan cheese)	Roast Gammon & Gravy or Chickpea Pattie (vg)	Baked Sausages & Gravy or Vegan Quorn Sausage & Gravy (vg)	Fish Fingers or Veggie Nuggets (vg)
	Optn 2 Pasta Provencale (vg)	Pulled BBQ Jackfruit (vg)	Roast/Boiled Potatoes	Creamed Potatoes	Chips/Pasta
	Herby Diced Potatoes	Savoury Rice	Local Seasonal Vegetables & Cooks Choice	Swede & Broccoli	Baked Beans & Sweetcorn
	Peas & Sweetcorn	Carrots & Green Beans	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)
	Opt 3 Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)	Jacket Potato & Beans (vg)
	Dessert Cookie Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Chocolate Sponge Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Frozen Fruit Smoothie Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Iced Carrot Cake Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Goopy Chocolate Biscuit Fresh Fruit/Jelly/Oaty Apple Bar (vg)