



REAL FOOD FOR REAL ENERGY

Menu Dairy Intolerant November 2022 - March 2023				
		Week One	Week Two	Week Three
		31 Oct, 21 Nov, 2 Jan, 23 Jan, 20 Feb, 13 Mar	07 Nov, 28 Nov, 9 Jan, 30 Jan, 27 Feb, 20 Mar	14 Nov, 05 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar
Monday	Option 1	Jacket Potato with Beans		Pizza made with Sheese
	Option 2	Tomato Pasta	Vegan Burrito	Roasted Vegetable Pasta Bake
	served with	Chunk of Bread Peas & Sweetcorn	Savoury Rice Mixed Salad	Jacket Wedges Peas & Sweetcorn
	Option 3	Jacket Potato & Beans	Jacket Potato & Beans	Jacket Potato & Beans
Dessert	Fresh Fruit/Jelly/Oaty Apple Bar	Fresh Fruit/Jelly/Oaty Apple Bar	Fresh Fruit/Jelly/Oaty Apple Bar	
Tuesday	Option 1	Bolognese	Savoury Mince with a Pastry Top	Chicken Tacos
	Option 2	Veggie Bolognese	Veggie Mince with a Pastry Top	Caribbean Rice
	served with	Pasta Carrots & Green Beans	Creamed Potatoes Mixed Vegetables & Broccoli	Rice Mixed Vegetables & Carrots
	Option 3	Jacket Potato & Beans	Jacket Potato & Beans	Jacket Potato & Beans
Dessert	Chocolate Cake Fresh Fruit/Jelly/Oaty Apple Bar	Ginger Cake & Orange Sauce Fresh Fruit/Jelly/Oaty Apple Bar	Lemon Cake Fresh Fruit/Jelly/Oaty Apple Bar	
Wednesday	Option 1	Roast Pork & Gravy	Roast Turkey with Stuffing & Gravy	Roast Gammon & Gravy
	Option 2	Veggie Meatloaf		
	served with	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice
	Option 3	Jacket Potato & Beans	Jacket Potato & Beans	Jacket Potato & Beans
Dessert	Cookie Fresh Fruit/Jelly/Oaty Apple Bar	Apple Flapjack Fresh Fruit/Jelly/Oaty Apple Bar	Shortbread Fresh Fruit/Jelly/Oaty Apple Bar	
Thursday	Option 1	Fish	Pork Meatballs	Sausage Pie & Gravy
	Option 2	Roasted Vegetable Tart	Veggie Meatballs	Quorn Sausage Roll
	served with	Creamed Potatoes Sweetcorn & Salad	Pasta Carrots & Green Beans	Boiled Potatoes Mixed Vegetables & Broccoli
	Option 3	Jacket Potato & Beans	Jacket Potato & Beans	Jacket Potato & Beans
Dessert	Jammie Pinwheel Fresh Fruit/Jelly/Oaty Apple Bar	Raspberry Buns Fresh Fruit/Jelly/Oaty Apple Bar	Krispie Cake Fresh Fruit/Jelly/Oaty Apple Bar	
Friday	Option 1	Baked Sausages	Fish Fingers	Fish Fingers
	Option 2	Quorn Sausage	Veggie Nuggets	Veggie Nuggets
	served with	Chips/Pasta Baked Beans & Peas	Chips/Pasta Baked Beans & Sweetcorn	Chips/Pasta Baked Beans & Sweetcorn
	Option 3	Jacket Potato & Beans	Jacket Potato & Beans	Jacket Potato & Beans
Dessert	Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar	Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar	Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar	
Suitable for Vegetarians Suitable for Vegans & Vegetarians Contains Fish		All items are subject to availability Bread, Salad and fresh drinking water are available with every meal www.wholeschoolmeals.co.uk		