Secondary 30/01/2020 **Dairy Free**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Soup | Lentil (v) | Carrot and Red Pepper(v)  (No cream or Quark) | Potato & Leek (v) | Chicken Noodle | Tomato  (v)  (No cream or Quark) |
| Main  Course | Roast beef with new potatoes & seasonal veg  (No Yorkshires & no butter on potatoes) | (No Macaroni Cheese  with Garlic Bread (v)) | Grilled BBQ Chicken fillet with wedges and salad | Meatballs  (Chicken) with Spaghetti  In a Tomato sauce (No cheese or garlic bread) | Fish, Chips and Peas |
| Main  Course | Chicken  Sausage  with seasonal vegetables  (No butter on vegetables) | Beef Harissa with Rice/Cous cous  (No Flatbread) | Spaghetti Bolognese  (No Garlic Bread or Cheese) | Chicken Casserole with seasonal vegetables & Pastry (Don’t brush pastry with milk) | Stir fried Chicken  or Vegetables (v)with Noodles, ginger and Spring Onions |
| Vegetarian | Quorn Chicken Fillet with yorkies, new potatoes & seasonal veg(v)  (No Yorkshires & no butter on potatoes) | Above | (No Vegetarian Burger (v))  with wedges and salad | Veggie Meatballs with (v) Spaghetti (No cheese or garlic bread) | Vegetarian Sausage Roll  Chips salad and veg (v) |
| Snacks | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork.~~  ~~Neapolitan sauce with spaghetti.~~  ~~Baked potato with various fillings~~  ~~Piri piri Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork.~~  ~~Mascarpone sauce with spaghetti.~~  ~~Baked potato with various fillings~~  ~~Italiano Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork. Neapolitan sauce with spaghetti. Baked potato with various fillings~~  ~~Sweet Chilli Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork. Mascarpone sauce with spaghetti. Baked potato with various fillings~~  ~~BBQ Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork. Neapolitan sauce with spaghetti. Baked potato with various fillings~~  ~~Piri piri Chicken with various fillings and salad in a cone or panini~~  Ask Staff |
| Dessert | Fruit bowl | Fruit bowl | No Apple Crumble with Custard | Fruit bowl | Fruit bowl |

\*There will be a salad bar and bread provided every day for the children to have with their main course and snacks.

6th Jan, 27th Jan, 17th Feb, 9th Mar, 30th Mar, 20th Apr, 11th May, 1st June, 22nd June

Secondary 30/01/2020 **Dairy Free**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Soup | Lentil (v) | Potato and Leek (v) | Chicken Noodle | Tomato  (v)(No cream or Quark) | Carrot and Red Pepper soup (v) (No cream or Quark) |
| Main Course | Chicken Burgers with Onion rings. In a bun with chips and sweetcorn  (No cheese) | Chicken Tandoori with rice  (No marinade using Quark & no Naan) | Steak Pie, boiled potatoes and mixed veg  (Don’t brush pastry with milk) | (No Cosmo Pizza) with wedges (v)  & salad | Fish with Fresh Ginger, Spring Onions and Noodles with a Soy sauce |
| Main Course | \*Salmon (No Pasta sauce)  \*Steamed Salmon with chips and sweetcorn | Fish Fingers with chips and peas/beans | Garlic Chicken in a tomato and pasta sauce (No Garlic Bread  No cheese) | (No Lasagne)with Salad and Wedges | Chicken Goujons wedges and  Salad **(\*Dairy Free Dip)** |
| Vegetarian | (No Veggie burger) (v) with Onion rings. In a bun with chips and sweetcorn  (No cheese) | Pasta Neapolitan(v)  (No Garlic Bread, Cream or Quark) | Quorn fillet with potatoes and mixed veg(v)  (No butter on potatoes) | Above | Vegetable Goujons (v)with noodles or wedges **(\*Dairy Free Dip)** |
| Snacks | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork.~~  ~~Neapolitan sauce with spaghetti.~~  ~~Baked potato with various fillings~~  ~~Piri piri Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork.~~  ~~Mascarpone sauce with spaghetti.~~  ~~Baked potato with various fillings~~  ~~Italiano Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork. Neapolitan sauce with spaghetti. Baked potato with various fillings~~  ~~Sweet Chilli Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork. Mascarpone sauce with spaghetti. Baked potato with various fillings~~  ~~BBQ Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork. Neapolitan sauce with spaghetti. Baked potato with various fillings~~  ~~Piri piri Chicken with various fillings and salad in a cone or panini~~  Ask Staff |
| Dessert | Fruit bowl | Fruit bowl | (No Eves Pudding)  Fruit bowl | Fruit bowl | Fruit bowl |

\*There will be a salad bar and bread provided every day for the children to have with their main course and snacks.

13th Jan, 3rd Feb, 24th Feb, 16th mar, 6th Apr, 27th Apr, 18th May, 8th June, 29th June

Secondary 30/01/2020 **Dairy Free**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Soup | Carrot and Red Pepper soup (v)  (No cream or Quark) | Lentil (v) | Chicken noodle | Tomato (v)  (No cream or Quark) | Vegetable (v) |
|  |  |  |  |  |  |
| Main Course | Chicken with new potatoes & seasonal veg (No Yorkshires, no butter on potatoes) | Chilli with Rice (No flatbread or quark/sour cream) | American style sausage in a bun with Chips Salad  and sweetcorn | Spaghetti Bolognese  with (No Garlic Bread or cheese) | Fish and Chips with Beans or Peas. |
| Main Course | Vegetarian sausage roll with (No mash) beans or peas(v) | \*Tomato (v) Penne (No Cheese & no flatbread)  \*Some Tomato pasta can be put aside before cheese is put on it | Katsu Chicken Curry with Savoury Rice  (No Naan Bread) | Chicken and Vegetable (v) Fajitas with diced potatoes  (No Cheese) | Chicken or vegetable (v)biryani with naan  (No Naan Bread) |
| Vegetarian | Above | Above | Vegetarian Goujon Katsu (v) Curry (No Naan Bread) | Above | (v) Veg Biryani  (No Naan Bread) |
| Snacks | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork.~~  ~~Neapolitan sauce with spaghetti.~~  ~~Baked potato with various fillings~~  ~~Piri piri Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork.~~  ~~Mascarpone sauce with spaghetti.~~  ~~Baked potato with various fillings~~  ~~Italiano Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork. Neapolitan sauce with spaghetti. Baked potato with various fillings~~  ~~Sweet Chilli Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork. Mascarpone sauce with spaghetti. Baked potato with various fillings~~  ~~BBQ Chicken with various fillings and salad in a cone or panini~~  Ask Staff | ~~Sandwich 20/20 bread with Tuna, cheese, chicken, pork. Neapolitan sauce with spaghetti. Baked potato with various fillings~~  ~~Piri piri Chicken with various fillings and salad in a cone or panini~~  Ask Staff |
| Dessert | Fruit Bowl | Fruit Bowl | (No Vanilla and Fruit Muffin with Custard) | Fruit Bowl | Fruit Bowl |

\*There will be a salad bar and bread provided every day for the children to have with their main course and snacks.

20th Jan, 10th Feb, 2nd Mar, 23rd Mar, 13th Apr, 4th May, 25th May, 15th June.