

# DAIRY FREE MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Sweet Potato & Bean Pie <sup>VG</sup> Jackets with a Choice of Toppings <sup>8,9</sup> Peas Carrots Peach Crumble <sup>1, VG</sup> Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Beef & Onion Pie <sup>1</sup> New Potatoes Seasonal Vegetables Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Roast Chicken & Gravy Vegetable Chilli with Baked Tortilla Chips <sup>1, VG</sup> Jackets with a Choice of Toppings <sup>8,9</sup> Rustic Roast Potatoes or Jollof Rice Broccoli, Sweetcorn Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Chicken Fajitas <sup>1,4</sup> Vegetable Fajita <sup>1, VG</sup> Tomato Spaghetti <sup>1, VG</sup> Rice Cauliflower Carrots Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Fish Fingers <sup>1,8</sup> Jackets with a Choice of Toppings <sup>8,9</sup> Chips, Peas Baked Beans, Carrot Sticks Oaty Biscuit <sup>1,15, VG</sup> Fruit Pots <sup>VG</sup>
<b>WEEK 2</b>	Chicken Pie <sup>1</sup> Jackets with a Choice of Toppings <sup>8,9</sup> New Potatoes Seasonal Vegetables Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	BBQ Pulled Chicken Loaded Wedges Chinese Vegetable Noodles <sup>1,3,16, V</sup> Herby Tomato Penne Pasta <sup>1, VG</sup> Sweetcorn Courgette Chocolate Pudding <sup>1,9</sup> Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Roast Turkey & Gravy BBQ Vegetable Burrito <sup>1, VG</sup> Jackets with a Choice of Toppings <sup>8,9</sup> Rustic Roast Potatoes or Jollof Rice Cabbage, Carrots Fruit Jelly <sup>VG</sup> Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Vegetable Hot Pot <sup>1,6, VG</sup> Carrots Green Beans Peach Sponge <sup>1,9</sup> Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Fish Fingers <sup>1,8</sup> Arrabiata Pasta <sup>1, VG</sup> Jackets with a Choice of Toppings <sup>8,9</sup> Chips, Peas Baked Beans, Coleslaw <sup>9</sup> Ginger Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>
<b>WEEK 3</b>	Sweet Chicken Curry Jackets with a Choice of Toppings <sup>8,9</sup> Rice, Seasonal Vegetables Herby Bread <sup>1,3,7,9</sup> Apple Crumble <sup>1, VG</sup> Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Sausage Roll <sup>1,6</sup> Quorn Sausage & Gravy <sup>1, VG</sup> Mashed Potato Baked Beans Broccoli Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Roast Chicken & Gravy Samosa Puff <sup>1, VG</sup> Jackets with a Choice of Toppings <sup>8,9</sup> Rustic Roast Potatoes or Jollof Rice Green Beans, Carrots Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Loaded Cajun Bean Wedges <sup>VG</sup> Sweetcorn Peppers Lemon Drizzle Cake <sup>1,9</sup> Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Fish Fingers <sup>1,8</sup> Jackets with a Choice of Toppings <sup>8,9</sup> Chips, Peas Baked Beans Cucumber Sticks Fruit Pots <sup>VG</sup>
<b>WEEK 4</b>	Jerk Chicken Coconut & Squash Dhansak <sup>VG</sup> Tomato & Herb Pasta <sup>1, VG</sup> Sunshine Rice Cauliflower, Carrots Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Singapore Noodles <sup>1,3,16, VG</sup> Jackets with a Choice of Toppings <sup>8,9</sup> Seasonal Vegetables Jam Tart <sup>1,6, VG</sup> Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Roast Chicken & Gravy Jackets with a Choice of Toppings <sup>8,9</sup> Rustic Roast Potatoes or Jollof Rice Cabbage, Peas Fruit Jelly <sup>VG</sup> Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Penne Bolognese <sup>1</sup> Rice & Bean Burrito <sup>1, VG</sup> Jackets with a Choice of Toppings <sup>8,9</sup> Baked Wedges, Green Beans Sweetcorn, Garlic Bread <sup>1,3,7,9</sup> Beetroot Cake <sup>1,9</sup> Mr Nourish Biscuit <sup>1, VG</sup> Fruit Pots <sup>VG</sup>	Fish Fingers <sup>1,8</sup> Vegetable Pastie <sup>1, VG</sup> Chips, Peas Baked Beans, Coleslaw <sup>9</sup> Vegan Brownie <sup>1, VG</sup> Fruit Pots <sup>VG</sup>

**KEY:**  
 VG Vegan  
 V Vegetarian

**AVAILABLE DAILY:**

Selection of Salads <sup>9</sup>,  
 Homemade Bread <sup>1,3,7,9</sup>.

Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.



LOOK OUT FOR OUR THEMED DAYS!

DAIRY FREE LEWISHAM



1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard  
 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs  
 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten