

DAIRY & EGG FREE MENU

Week one

Monday	Fishcake & rice	Sweetcorn & carrots	Apple flapjack
Tuesday	Chicken in tomato sauce with rice	Green beans & Sweetcorn	Brownie
Wednesday	Beef, roast potatoes & gravy	Carrots & cabbage	Vanilla cupcake
Thursday	Sausages, mash & gravy	Peas & carrots	Fruit smoothie & shortbread
Friday	Chicken goujons & chips	Baked beans & carrot sticks	Iced sponge cake

Week two

Monday	Vegetable & tomato pasta	Sweetcorn & peas	Sponge cake
Tuesday	Beef burger in gluten free roll with wedges	Salad	Chocolate cake & juice
Wednesday	Chicken, stuffing, roast potatoes & gravy	Carrots & cabbage	Fruit crumble & dairy free ice - cream
Thursday	Pizza with dairy free cheese	Crudities	Flapjack
Friday	Fishfingers & chips	Baked beans & sweetcorn	Shortbread