

Dairy Free		Ingredients
Week 1 Monday	Pork Meatballs	Contains no dairy – refer to main menu for allergens
	Vegan Sausage	Contains no dairy – refer to main menu for allergens
	Chocolate cookie	Contains no dairy – refer to main menu for allergens May contain Milk (Cocoa powder)
Tuesday	Beefy Mince (Without Yorkshire pudding)	Contains no dairy – refer to main menu for allergens
	Iced Sponge	Contains no dairy – refer to main menu for allergens
Wednesday	Roast Chicken & stuffing dinner Roast Potatoes Carrots broccoli gravy	Contains no dairy – refer to main menu for allergens
	Vanilla Crunch	Contains no dairy – refer to main menu for allergens
Thursday	Pork Sausages & Gravy	Contains no dairy – refer to main menu for allergens
	Strawberry muffin	Contains no dairy – refer to main menu for allergens
Fridays	Dairy Free Pizza	Maize Starch, Rice Flour, Sourdough 13% (Rice Flour, Water), Water, Potato Starch, Thickener: Hydroxypropyl Methyl Cellulose (E-464), Rice Starch, Maize Flour, Glucose Syrup, Yeast, Dextrose, Extra Virgin Olive Oil 1,6%, Sunflower Oil, Vegetable Fibre (Psyllium), Iodised Salt (Salt, Potassium Iodide), Ethyl Alcohol, SOYA Protein, Raising Agents: Glucono-Delta-Lacton (E-575), Sodium Bicarbonate [E-500(i)], Acids: Tartaric Acid (E-334), Citric Acid (E-330) Sauce Ingredients: Tomatoes (63%) Tomato Paste, Onion (8%) Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil 4196), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt); Salt Sugar, Oregano, Acidity Regulator Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Flavouring, Natural Basil Flavouring, Onion Oil. Maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder*, tomato puree powder*), caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage Water, Coconut Oil, Modified Starch, Potato Starch, Flavourings, Salt, Calcium, Bamboo Fibre, Acid (Lactic Acid), Fructose, Gelling Agent (Agar), Colour (Carotenes)
	Star fish	Contains no dairy – refer to main menu for allergens
	Chocolate Malt brownie	Contains no dairy – refer to main menu for allergens May contain Milk in cocoa powder
Week 2 Monday	Jacket Potato with baked beans	Contains no dairy – refer to main menu for allergens

	Cherry Chocolate Crunch	Contains no dairy – refer to main menu for allergens Cocoa powder, MAY CONTAIN TRACES OF MILK
Tuesday	Pork Sausage & Gravy	Contains no dairy – refer to main menu for allergens
	Fruit	Contains no dairy – refer to main menu for allergens
Wednesday	Roast Chicken & Stuffing	Contains no dairy – refer to main menu for allergens
	Quorn fillet	Contains no dairy – refer to main menu for allergens
	Apple & Blackberry Shortbread	Contains no dairy – refer to main menu for allergens
Thursday	Chicken Meatball Tomato Sauce	Contains no dairy – refer to main menu for allergens
	Raspberry jelly	Contains no dairy – refer to main menu for allergens
Friday	Fish Fingers	Contains no dairy – refer to main menu for allergens
	Dairy Free pizza	See week one for full ingredients
	Fruit	Contains no dairy – refer to main menu for allergens
Week 3		
Monday	Mince Beef Pasta Bake	Contains no dairy – refer to main menu for allergens
	Chocolate Shortbread	Contains no dairy – refer to main menu for allergens MAY CONTAIN TRACES OF MILK in cocoa powder
Tuesday	Jacket Potato DF Cheese	Water, Coconut Oil, Modified Starch, Potato Starch, Flavourings, Salt, Calcium, Bamboo Fibre, Acid (Lactic Acid), Fructose, Gelling Agent (Agar), Colour (Carotenes)
	Cornflake Crunchie	Contains no dairy – refer to main menu for allergens
Wednesday	Roast Beef (No Yorkshire pudding)	Contains no dairy – refer to main menu for allergens
	Fruit	Contains no dairy – refer to main menu for allergens
Thursday	Chicken Bites Sweet & Sour Sauce	Chicken Breast (70%), Water, Sunflower Oil, Rice Flour, Maize Flour, Gram Flour, Maize Starch, Potato Starch, Salt, Raising Agents (Diphosphates, Sodium Carbonates), Stabiliser (Xanthan Gum), Dextrose Tomato Purée from Concentrate, Water, Sugar, Pineapple (8%), Mixed Peppers (8%), Carrots (6%), Onions, Spirit Vinegar, Rice Vinegar, Modified Maize Starch, Pineapple Juice from Concentrate (2%), Ginger Purée, Salt, Garlic Purée.

	Apple Flapjack	Contains no dairy – refer to main menu for allergens
Friday	Salmon fishcakes	Contains no dairy – refer to main menu for allergens
	Dairy free pizza	See week one for full ingredients
	Chocolate Orange muffin	Contains no dairy – refer to main menu for allergens MAY CONTAIN TRACES OF MILK in cocoa powder