FOI.12477 - Attachment 16

Milk free supper (week 1)

Monday
Section: Starters
Orange juice
Vegetable soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chicken, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Tuesday
Section: Starters
Orange juice
Leek and potato soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chicken, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Wednesday
Section: Starters
Orange juice
Tomato and red pepper soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Thursday
Section: Starters
Orange juice
Butternut squash soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Friday
Section: Starters
Orange juice
Tomato and red pepper soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Saturday
Section: Starters
Orange juice
Carrot and coriander soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Sunday
Section: Starters
Orange juice
Parsnip and rosemary soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Milk free supper (week 2)

Monday
Section: Starters
Orange juice
Vegetable soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chicken, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Tuesday
Section: Starters
Orange juice
Tomato Soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chicken, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Wednesday
Section: Starters
Orange juice
Cauliflower & Apple Soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Thursday
Section: Starters
Orange juice
Vegetable Soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Friday
Section: Starters
Orange juice
Tomato soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Saturday
Section: Starters
Orange juice
Tomato and red pepper soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)

Sunday
Section: Starters
Orange juice
Cauliflower and apple soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads (Offer jacket potato)
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
Section: Desserts
Fruit Pot
Chilled vanilla soya dessert
Chilled chocolate soya dessert
Fresh Fruit
Hot Toffee sponge
Hot Ginger sponge
Hot Chocolate sponge
Hot Lemon sponge
Hot Soya rice pudding
Section: Extras
Soya custard
Soya cream (for the tart or fruit pot)