

# Week 1 HMS Dairy & Egg Free Menu

Please place your order at morning break if possible

Week Beginning - 13<sup>th</sup> November 4<sup>th</sup> December

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional main	Sweet & Sour Chicken Served with Rice	Savoury Mince	Pasta served with Vegetarian Sauce	Breaded Fish	Pasta with meat sauce
Vegetarian option	Vegan Pizza Baguette	Mexican Bean Wrap	Vegetable Quarter Pounder in a bun	Vegan chip shop bites	Vegetarian Chilli with Tortilla chips
Jacket potatoes with side salad	Freshly Baked Jacket Potatoes with Vegan cheese, Beans				
Dessert Option	Please ask for the daily Dairy free dessert option Alternatively Freshly Baked Cookies, Fresh Fruit Pots & Fresh Fruit are also available daily				

# Week 2 HMS Dairy & Egg Free Menu

Please place your order at morning break if possible

Week Beginning - 20<sup>th</sup> November, 11<sup>th</sup> December

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional main	Spaghetti Bolognaise	Chilli Beef & Rice	Roast Pork & Gravy	Beef Burger in a Bun	Pasta served with a Meat sauce
Vegetarian option	Vegan Cheese Fajita	Sweet Potato and Chickpea Curry served with Rice	Quorn Fillet	Vegan Pazzini	Penne Pasta served with tomato and basil sauce
Jacket potatoes with side salad	Freshly Baked Jacket Potatoes with Vegan cheese, Beans				
Dessert Option	Please ask for the daily Dairy dessert option Alternatively Freshly Baked Cookies, Fresh Fruit Pots & Fresh Fruit are also available daily				

# Week 3 HMS Dairy & Egg Free Menu

Please place your order at morning break.

Week Beginning - , 6<sup>th</sup> November, 27<sup>th</sup> November, 18<sup>th</sup> December

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily main course	Beef Burritos	Pork Meatballs with Spaghetti	Mince Pie	Sausages	Chicken Goujon
Daily Vegetarian	Spicy bean Burger in a bun	Vegan Sausage Roll	Mediterranean Pasta	Vegan Pizza	Pasta served with a Vegan Sauce
Jacket potatoes with side salad	Freshly Baked Jacket Potatoes with Vegan cheese, Beans				
Dessert Options	Please ask for the daily Dairy dessert option Alternatively Freshly Baked Cookies, Fresh Fruit Pots & Fresh Fruit are also available daily				