

Week 1 HMS Dairy & Egg Free Menu

Please place your order at morning break as the full choice of options may not be available at lunchtime if you have not ordered in advance.

We cannot guarantee the absence of allergens, as some products we use often say” may contain” although it is not listed as an ingredient.

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Main Course Dairy & Egg Free	Chicken Enchilada	Spaghetti Bolognaise	Savoury Mince	Breaded Fish	Chicken Italian with Pasta
Vegan, Dairy & Egg Free	Mediterranean Pasta	Vegetable Quarter Pounder in a bun	Vegan Sausages	5 Bean Chilli with Tacos	Vegan Pizza Baguette
Jacket potatoes with side salad	Freshly Baked Jacket Potatoes with Vegan cheese, Beans				
Dessert Option	Please ask a member of the catering staff 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

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	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Main Course Dairy & Egg Free	Chilli Beef & Tortilla chips	Spaghetti Bolognaise	Chicken Casserole Or Sausages	Beef Burger in a Bun	Chicken Goujons in a wrap
Vegan, Dairy & Egg Free	Tomato & Basil Pasta	Vegan Cheese Pizza	Vegan Sausage Roll	Mexican Bean Tortilla	Quorn Nuggets in a Wrap
Jacket potatoes with side salad	Freshly Baked Jacket Potatoes with Vegan cheese, Beans				
Dessert Option	Please ask a member of the catering staff 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 as the full choice of options may not be available at lunchtime if you have not ordered in advance.

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	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Main Course Dairy & Egg Free	Tex Mex Pork Burrito	Meatballs in Tomato Sauce	Mince Pie	Salmon Fish Fingers	Pasta with Sauce
Vegan, Dairy & Egg Free Option	Vegan Cheese Panini	Vegetarian Meatballs in Tomato Sauce	Quorn fillet	Vegetarian Chilli & Rice	Jacket Potato & Beans
Jacket potatoes with side salad	Freshly Baked Jacket Potatoes with Vegan cheese, Beans				
Dessert Options	Please ask a member of the catering staff for the daily Dairy dessert option Alternatively Freshly Baked Cookies, Fresh Fruit Pots & Fresh Fruit are also available daily				