



Lower School Lactose Free Choices

Week 1

Monday

Chicken Sausage In a soft Finger Roll
Veggie Sausage in a Soft Finger Roll
Chocolate Chip Shortbread

Tuesday

Malaysian Chicken Curry & Fragrant Rice
Aromatic Vegetable Curry
with Rice & Naan
Cherry Flapjack

Wednesday

Pork Meatballs in a Tangy Tomato &
Vegetable Sauce
Quorn Balls in a Tangy Tomato &
Vegetable Sauce
Apple & Cinnamon Crumble

Thursday

Assorted Deep Pan Pizza Slice
Vegan Chilli And Rice
Homemade Oaty Biscuits

Friday

Katsu Chicken and Sticky Rice
Mushroom & Parmesan Risotto
Iced Muffin

Available Daily

Fresh Fruit
Salad Bar
Pasta Bar with Various Sauces
Jacket Potato with Various Fillings
Assorted freshly Made Sandwiches
A Selection of Seasonal Vegetables &
Potatoes