



## Lower School Lactose Free Choices

# Week 2

### Monday

Oven Baked Cod Fish Fingers

Veggie Burger in a Soft Roll

Iced Sponge

### Tuesday

Sweet and Sour Chicken Fillet

Mushroom Stroganoff

Homemade Buttery Flapjack

### Wednesday

Oven Baked Sausages with Creamy Mash,  
Gravy and Onion Marmalade

Quorn Sausages with Creamy Mash, Gravy  
and Onion Marmalade

Chocolate Chip Shortbread

### Thursday

Assorted Thin & Crispy Pizza Slice

Margherita Pizza

Creamy Rice Pudding & Fruit Jam

### Friday

Chicken Chunks in Soft Tortilla Wrap

Cheddar and Broccoli Frittata

Homemade Oaty Biscuit

### Available Daily

Fresh Fruit

Salad Bar

Pasta Bar (GF on Request) with Sauces

Jacket Potato with Various Fillings

Sandwiches (GF on Request)

A Selection of Seasonal Vegetables &  
Potatoes