

Dairy Free Summer 2019 menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 22 nd April, 13 th May 10 th June 1 st July 22 nd July	Chicken Korma, 50:50 rice poppadum, salad	Cow boy pie	Roast chicken, creamed potatoes, seasonal vegetables, gravy	Chilli con carne, 50:50 rice, salad	Chicken goujouns Chipped potatoes, Homemade coleslaw, Salad
	Wheat		Barley	Wheat	Barley, wheat
	Peach melba	Fresh frozen yoghurt	Fruit jelly and ice cream	Seasonal fruit cheese- cake Wheat	Shortbread biscuits, Milkshake
Week 2 29 th April 20 th May 17 th June 8 th July	Pork sausage Creamed potatoes Baked beans	Whole wheat Penne polio garlic bread peas, sweetcorn	Roast pork, baby new potatoes, seasonal vegetables, gravy	Chicken in breadcrumbs green salad potato salad	Chicken burger, chipped potatoes & peas
		Wheat		Wheat	Wheat
	Apple & sultana cornflake crumble and custard	Fresh fruit and yoghurt	Chocolate cracknell & milkshake	Raisin flapjack and semi skimmed milk Wheat	Carrot crunch biscuit Milkshake Wheat
Week 3 6 th May 3 rd June 24 th June 15 th July	Spaghetti Bolognese Garlic bread	DIY whole-wheat chicken wraps, selection chopped vegetables	Roast beef, roast potatoes, Yorkshire puddings, seasonal vegetables, gravy	Sausage rolls Creamed Potatoes Peas, sweetcorn	Salmon fishcakes, chipped potatoes, baked beans
	Wheat	Wheat	Barley	Wheat	Wheat, fish
	Jam tart & custard Wheat	Fresh fruit yoghurt dairy	Carrot cake and milkshake	Alpro yoghurt with fresh seasonal fruit	cherry shortcake with custard

Kingsmill 50:50 bread will be available daily, fresh semi skimmed milk will be available daily. A selection of fresh fruit will be available daily as an alternative pudding. All chocolate desserts are made using cocoa powder. All milk based dishes will be made using alpro milk.

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