

NEBULA FEDERATION - NON-DAIRY MENU



WEEK 1

Week Starting :

23 Nov 7 Dec • 4 Jan • 18 Jan • 1 Feb • 22 Feb • 8 Mar • 22 Mar

WEEK 2

Week Starting :

16 Nov • 30 Nov 14 Dec • 11 Jan • 25 Jan • 8 Feb • 1 Mar • 15 Mar

MONDAY	<p>Jacket Potato with Dairy Free Cheese</p> <p>Rainbow Salad</p> <p>Iced Fruit Smoothie</p>
TUESDAY	<p>Jacket Potato with Tuna Mayo</p> <p>Rainbow Salad</p> <p>Beetroot Brownie</p>
WEDNESDAY	<p>Jacket Potato with Dairy Free Cheese and Baked Beans</p> <p>Rainbow Salad</p> <p>Apple Flapjack</p>
THURSDAY	<p>Jacket Potato with Dairy Free Cheese and Coleslaw</p> <p>Rainbow Salad</p> <p>Berry Muffin</p>
FRIDAY	<p>Jacket Potato with Baked Beans</p> <p>Rainbow Salad</p> <p>Bitesize Cocoa Oatcake with Orange Wedges</p>

<p>Jacket Potato with Dairy Free Cheese</p> <p>Rainbow Salad</p> <p>Bitesize Oaty Bar with Orange Wedges</p>
<p>Jacket Potato with Tuna Mayo</p> <p>Rainbow Salad</p> <p>Homemade Cupcake</p>
<p>Jacket Potato with Dairy Free Cheese and Baked Beans</p> <p>Rainbow Salad</p> <p>Iced Fruit Smoothie</p>
<p>Jacket Potato with Dairy Free Cheese and Coleslaw</p> <p>Rainbow Salad</p> <p>Orange Cupcake</p>
<p>Jacket Potato with Baked Beans</p> <p>Rainbow Salad</p> <p>Mini Shortbread with a Melon Wedge</p>

Acceptable Jacket Fillings

1. **Dairy Free Cheese** and Baked Beans
2. Baked Beans
3. **Dairy Free Cheese**
4. Tuna

Acceptable Desserts

1. **AA - Cakes/Muffins**
2. Iced Fruit Smoothie

Acceptable Accompaniments

1. Steamed Rice
2. Pasta

This menu is not suitable for those who need to avoid Fish or Sodium Dioxide



Whilst every precaution has been taken to avoid cross contamination. No guarantee can be given for the absence of allergens