Dairy free sample menu 2026

Nutritious delight with every bite

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Dairy free sample menu week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	weetabix & banana with soya milk	baked oats with creamy oat fraiche & fresh fruit	toast with plant based butter & fresh fruit selection	rude health cereal & fresh fruit selection	creamy oat fraiche topped with peaches & raspberries & puffed oats
am snack	beetroot & horseradish hummus & rice cakes	toast/bread & vegan cream cheese spread	corn cakes and velvet hummus	pineapple slices with chickpea and lentil crackers	rice cakes with cucumber sticks & vegan cream cheese
lunch	cowgirl millie's sweet potato chilli	coco mango chicken curry	fruity lamb moroccan stew	veggie roast	italian bean stew
side dishes	potato wedges	brown rice	couscous	roast potatoes, carrots & sweetcorn	wheat & rye bread
second course	braised apples with raisins & creamy oat fraiche	corn cakes & hummus	pakora & vegan cream cheese	apple slices & creamy oat fraiche	peach & raspberry pie
pm snack	pears	satsumas	apples	carrot sticks & vegan cream cheese dip	watermelon
tea	chana masala	butternut squash & apricot couscous	dairy free cottage pie	teddy's DIY pizza with red pepper sauce & vegan grated cheese	shawarma chicken
side dishes	brown rice	piadina wraps	peas & vegan grated cheese	rainbow veg sticks & hummus	naan bread
second course	satsumas	apple slices	spiced pineapple	pears	carrot sticks & velvet hummus

Dairy free sample menu week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	rude health cereal & fresh fruit selection	baked oats with braised apples	weetabix with soya milk & poached peaches	creamy oat fraiche topped with chopped fresh fruit & spelt flakes	weetabix with soya milk & apple slices
am snack	rice cakes & creamy oat fraiche	piadina wraps & vegan cream cheese	chickpea and lentil crackers and beetroot & horseradish hummus	corn cakes & vegan cream cheese spread	rice cakes & velvet hummus
lunch	butternut & apricot couscous	beef bologese pasta	cowgirl millie's sweet potato chilli	salmon thai curry	sweet potato dhal
side dishes	piadina wraps	sweetcorn	roast potatoes	noodles	brown rice
second course	apple slices with grated vegan cheese & corn cakes	baked oats	apple crumble & creamy oat fraiche	watermelon	bananas & creamy oat fraiche
pm snack	bananas	pears	satsumas	carrot sticks	pineapple
tea	chicken tikka masala	italian bean stew	brilliant baked beans	veggie hotpot	cajun salmon
side dishes	naan bread	roast potatoes	rye and wheat bread & plant based butter	peas	mini jacket potatoes
second course	pears	braised apples	bananas	naan bread with creamy oat fraiche yoghurt dip	spiced pineapple

Dairy free sample menu week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	creamy oat fraiche topped with peaches, oats & seeds (peach crumble)	mashed banana on toast with fresh fruit selection	rude health cereal & fresh fruit selection	weetabix with soya milk & pear	baked oats with braised apples & raisins
am snack	chickpea and lentil crackers & beetroot & horseradish hummus	corn cakes & vegan cream cheese spread	chickpea and lentil crackers & pears	rice cakes & grated vegan cheese	naan bread & velvet hummus
lunch	NEW veggie bolognese	NEW smokey bbq beef with spiced wedges	squash and chickpea curry	farmer reggies stewed veggies	chicken & potato stew
side dishes	carrots	white rice	naan bread	mini jackets & hummus	quinoa
second course	auntie rosie's apple strudel	peach crumble with creamy oat fraiche	corn cakes & vegan cream cheese	melon slices	braised apples with raisins & creamy oat fraiche
pm snack	pears	apple	satsumas	carrot sticks	mango pieces
tea	veggie malaysian curry	chicken fajitas	spanish fish	toni's tomato pasta	lulu's african bean stew
side dishes	noodles	piadina wraps & crunchy slaw (made with creamy oat fraiche)	roast potatoes	peas & vegan grated cheese	brown rice
second course	corn cakes with vegan grated cheese	bananas	poached peaches & creamy oat fraiche	apple slices	pineapple slices