

Let's see what's for lunch...

Meat Free Monday

Meat Free Monday is a great way to improve health and well-being by naturally increasing your vitamin and mineral intake. One day a week can make a real difference - www.schoolfoodplan.com

Meat Free Monday

| Main Meals | Vegetables |
|---|---|
| Chargrilled Vegetarian Fajitas with Hand Cut Cajun Spiced Potato Wedges V | Carrots & Garden Peas V |
| Five Bean Chilli with Lime Infused Brown Rice V | Dessert Caramelised Apple & Raisin Crumble with Custard V |
| Pasta with Tomato & Basil Sauce V | |

Tuesday

| Main Meals | Vegetables |
|--|---|
| Mild Chicken Masala with Yellow Rice | Broccoli & Sweetcorn V |
| Country Vegetable Cottage Pie Topped with Herby Sweet Potato V | Dessert Sticky Ginger Cake with Custard V |
| Jacket Potato with Cheddar Cheese or Tuna Mayonnaise | |

Wednesday

| Main Meals | Vegetables |
|--|---|
| Slow Roasted Gammon, Apple & Rosemary Chutney, Traditional Gravy with Roast Potatoes | Roasted Seasonal Root Vegetables & Seasonal Cabbage V |
| Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans V | Dessert Vanilla Shortbread Biscuit V |
| Wholemeal Pasta with Tomato & Basil Sauce V | |

Thursday

| Main Meals | Vegetables |
|--|---|
| British Beef Burger in a Bun with Homemade BBQ Relish & New Potatoes | Classic Coleslaw & Sliced Tomato Salad V |
| 🌱 Red Lentil & Cheese Loaf with a Rich Tomato Sauce & New Potatoes V | Dessert Traditional Lemon Sponge with Custard V |
| Jacket Potato with Cheddar Cheese or Tuna Mayonnaise | |

Friday

| Main Meals | Vegetables |
|---|--|
| Fish Fingers & Chips with Tartar Sauce | Baked Beans & Garden Peas V |
| Free Range Egg, Cheese & Vegetable Frittata V | Dessert Raspberry Ripple Ice Cream V |
| Pasta with Tomato & Basil Sauce & Grated Cheese V | |

Available Every Day

| Salad Bar | Freshly Baked Bread |
|--|---|
| 🌱 Mediterranean Bean with Orzo Pasta & Mint V | 🌱 Chickpea & Coriander Masala V |
| Potato Salad with French Dressing V | Wholemeal V |
| Asian Coleslaw V | Dessert Fresh Fruit Platter V |
| 🌱 Sweet Chilli, Watermelon & Mint Salad V | |
| Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V | |

Week 1: 2 Sep, 23 Sep, 14 Oct

Meat Free Monday

| Main Meals | Vegetables |
|--|--|
| Mediterranean Tagine with Mixed Barley & Cous Cous V | Chopped House Salad & Sweetcorn V |
| Ultimate Mac & Cheese V | Dessert Pear & Apple Oaty Crumble with Custard V |
| Jacket Potato with Cheddar Cheese or Tuna Mayonnaise | |

Tuesday

| Main Meals | Vegetables |
|---|--|
| Farm Assured British Beef Lasagne with a Garlic Bread Shard | Seasonal Shredded Cabbage & Carrots V |
| Sweet Potato & Chickpea Korma with Citrus Infused Rice V | Dessert Chocolate Beetroot Brownie V |
| Pasta with Tomato & Basil Sauce V | |

Wednesday

| Main Meals | Vegetables |
|--|--|
| Honey Glazed Garlic & Lemon Infused British Roast Chicken, Traditional Gravy with Roast Potatoes | Roasted Seasonal Root Vegetables & Garden Peas V |
| 🌱 Roasted Aubergine & Sweet Cherry Tomato Moussaka V | Dessert Raspberry Ripple Ice Cream V |
| Wholemeal Pasta with Tomato & Basil Sauce V | |

Thursday

| Main Meals | Vegetables |
|---|---|
| British Cumberland Sausages with Bubble & Squeak Mash in a Yorkshire Pudding with Onion Gravy | Broccoli & Carrots V |
| Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice V | Dessert Traditional Sultana Sponge with Custard V |
| Jacket Potato with Cheddar Cheese or Tuna Mayonnaise | |

Friday

| Main Meals | Vegetables |
|--|-------------------------------------|
| Battered Cod & Chips with Tartar Sauce | Baked Beans & Garden Peas V |
| Mexican Bean Burger with Lime Yoghurt & Salsa Roja V | Dessert Maryland Cookie V |
| Jacket Potato with Salmon Mayonnaise or Cheddar Cheese | |

Available Every Day

| Salad Bar | Freshly Baked Bread |
|--|---|
| 🌱 Mexican Mixed Bean & Pasta Salad V | 🌱 Rosemary, Oat & Caramelised Red Onion V |
| Crunchy Apple & Potato Salad V | Wholemeal V |
| Red Cabbage & Pineapple Slaw V | Dessert Fresh Fruit Platter V |
| 🌱 Rainbow Quinoa Salad with Pumpkin Seeds V | |
| Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V | |

Week 2: 9 Sep, 30 Sep, 21 Oct

Meat Free Monday

| Main Meals | Vegetables |
|--|---|
| Cheese & Tomato Pizza with Hand Cut Potato Wedges V | Carrots & Sweetcorn V |
| Vegetarian Sausages with Mashed Potato in a Yorkshire Pudding with Gravy V | Dessert Summer Berry & Apple Crumble with Custard V |
| Pasta with Tomato & Basil Sauce V | |

Tuesday

| Main Meals | Vegetables |
|---|--|
| Slow Cooked Shredded British Pork Taco with Coriander Brown Rice & Apple Coleslaw | Peas & Cauliflower Florets V |
| Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes V | Dessert Orange & Courgette Sponge with Custard V |
| Jacket Potato with Cheddar Cheese or Tuna Mayonnaise | |

Wednesday

| Main Meals | Vegetables |
|---|---|
| Farm Assured British Roast Beef, Yorkshire Pudding & Traditional Gravy with Rosemary Roast Potatoes | Roasted Seasonal Root Vegetables & Broccoli V |
| Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw V | Dessert Fruit Flapjack V |
| Wholemeal Pasta with Tomato & Basil Sauce V | |

Thursday

| Main Meals | Vegetables |
|--|--|
| Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy | Carrots & Green Beans V |
| 🌱 Spinach, Mushroom & Mozzarella Lasagne with a Garlic Bread Shard V | Dessert Traditional Chocolate Sponge & Chocolate Sauce V |
| Jacket Potato with Cheddar Cheese or Tuna Mayonnaise | |

Friday

| Main Meals | Vegetables |
|--|--|
| Fish Fingers & Chips with Tartar Sauce | Baked Beans & Garden Peas V |
| Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto V | Dessert Raspberry Ripple Ice Cream V |
| Pasta with Tomato & Basil Sauce V | |

Available Every Day

| Salad Bar | Freshly Baked Bread |
|--|---|
| Tomato & Basil Pasta Salad V | 🌱 Baked Bean, Tomato & Basil V |
| 🌱 Chickpea & Butterbean Pesto Salad V | Wholemeal V |
| Curried Rice & Sultana Salad V | Dessert Fresh Fruit Platter V |
| 🌱 Roasted Vegetables & Giant Cous Cous Salad V | |
| Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V | |

Week 3: 16 Sep, 7 Oct