

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

Meat Free Monday (MF)

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

MF Monday	Main Meals	Vegetables
	Macaroni Cheese with Crispy Ciabatta & Herb Crumb V	Carrots & Green Beans Ve
	Roasted Squash & Basil Risotto Ve	Dessert
	Jacket Potato with choice of toppings V	Chocolate & Beetroot Sponge V

Tuesday	Main Meals	Vegetables
	Chicken Tikka Masala with Rice	Lentil Dhal & Broccoli Ve
	Chargrilled Vegetable Quesadilla with Rice Ve	Dessert
	Pasta with a choice of toppings V	Courgette & Orange Cake V

Wednesday	Main Meals	Vegetables
	Gammon with Orange & Herb Glaze served with Roasted Potatoes & Gravy	Green Cabbage & Carrots Ve
	Spiced Moroccan Chickpea Curry with Lemon Couscous Ve	Dessert
	Jacket Potato with choice of toppings V	Ice Cream with Fruit V

Thursday	Main Meals	Vegetables
	Beef Burger in a Bun	Sweetcorn & Coleslaw Ve
	Crispy Chickpea Burger in a Bun Ve	Dessert
	Pasta with a choice of toppings V	Apple & Oat Crumble V

Friday	Main Meals	Vegetables
	Fish Fingers with Homemade Tomato Ketchup & Chips	Baked Beans & Peas Ve
	Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips Ve	Dessert
	Jacket Potato with choice of toppings V	Chocolate & Carrot Brownie V

Freshly Baked Bread - Pumpkin & Carrot V Wholemeal V
 Jacket Potato Toppings - Baked Beans Ve or Grated Cheese V
 Pasta Toppings - Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V

Week 1: 20th Apr, 11th May, 1st Jun, 22nd Jun, 13th Jul, 31st Aug, 21st Sep, 12th Oct

MF Monday	Main Meals	Vegetables
	Margherita Pizza V	Coleslaw & Carrots Ve
	Mexican 5 Bean & Vegetable Tostada with Pomegranate Ve	Dessert
	Jacket Potato with choice of toppings V	Sticky Toffee Pudding V

Tuesday	Main Meals	Vegetables
	Classic Spaghetti Beef Bolognese	Peas & Cauliflower Ve
	Sweet Potato Topped Vegetable Pie Ve	Dessert
	Pasta with a choice of toppings V	Carrot & Ginger Sponge V

Wednesday	Main Meals	Vegetables
	Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy	Carrots & Green Cabbage Ve
	Mediterranean Vegetable Tart Ve	Dessert
	Jacket Potato with choice of toppings V	Chocolate Orange Cheesecake V

Thursday	Main Meals	Vegetables
	Cumberland Sausages with Mashed Potatoes & Onion Gravy	Roasted Seasonal Vegetables & Sweetcorn Ve
	Vegetarian Sausages with Steamed New Potatoes Ve	Dessert
	Pasta with a choice of toppings V	Peach Sponge Cake V

Friday	Main Meals	Vegetables
	Battered Fish with Homemade Tomato Ketchup or Salmon Fishcake in a Bun & Chips	Baked Beans & Peas Ve
	Falafel & Carrot Wrap with Salsa & Chips Ve	Dessert
	Jacket Potato with choice of toppings V	Banana Flapjack Ve

Freshly Baked Bread - Courgette, Oat & Thyme V Wholemeal V
 Jacket Potato Toppings - Baked Beans Ve or Grated Cheese V
 Pasta Toppings - Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V

Week 2: 27th Apr, 18th May, 8th Jun, 29th Jun, 20th Jul, 7th Sep, 28th Sep, 19th Oct

MF Monday	Main Meals	Vegetables
	Roasted Tomato & Vegetable Cheesy Pasta V	Broccoli & Mixed Salad Ve
	Jackfruit Katsu Curry with Rice Ve	Dessert
	Jacket Potato with choice of toppings V	Caramelised Pineapple Sponge V

Tuesday	Main Meals	Vegetables
	Mild Jerk Chicken with Rice & Peas	Sweetcorn Ve
	Vegetarian Spicy Special Fried Rice Ve	Dessert
	Pasta with a choice of toppings V	Apple Pie Cinnamon Roll V

Wednesday	Main Meals	Vegetables
	Roast Chicken served with Roasted Potatoes & Gravy	Cauliflower & Peas Ve
	Tofu & Vegetable Noodle Stir Fry Ve	Dessert
	Jacket Potato with choice of toppings V	Ice Cream with Fruit V

Thursday	Main Meals	Vegetables
	Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce with Noodles	Green Beans Ve
	Pitta Pizza topped with Houmous & Roasted Vegetables Ve	Dessert
	Pasta with a choice of toppings V	Chocolate Shortbread Biscuit Ve

Friday	Main Meals	Vegetables
	Fish Fingers with Homemade Tomato Ketchup & Chips	Baked Beans & Peas Ve
	Homemade Crispy Vegetable Nuggets with Chips Ve	Dessert
	Jacket Potato with choice of toppings V	Lemon Drizzle Cake V

Freshly Baked Bread - Sunflower, Rosemary & Tomato V Wholemeal V
 Jacket Potato Toppings - Baked Beans Ve or Grated Cheese V
 Pasta Toppings - Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V

Week 3: 13th Apr, 4th May, 25th May, 15th Jun, 6th Jul, 14th Sep, 5th Oct

V - Suitable for vegetarians
 Ve - Suitable for vegans & vegetarians
 All products are subject to availability.

Available Every Day
 Fresh Fruit Platter Ve
 Fresh Natural Yoghurt with Fruit Puree V

Pabulum Salad Bar
 Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

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