

# 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](http://www.schoolfoodplan.com)

**MF Monday**

<b>Main Meals</b>	<b>Vegetables</b>
Roasted Vegetable & Bean Hotpot <b>Ve</b>	Peas & Courgette <b>Ve</b>
Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	<b>Dessert</b>
	Apple & Cinnamon Sponge (G,E) <b>V</b>

**Tuesday**

<b>Main Meals</b>	<b>Vegetables</b>
Squash & Lentil Curry (MU,g) <b>Ve</b>	Steamed Rice & Broccoli <b>Ve</b>
Jacket Potatoes with Cheese (MK) <b>V</b> , Salmon Mayonnaise (F,E), or Tuna Mayonnaise (F,E)	<b>Dessert</b>
	Chocolate & Orange Cookie (G,mk) <b>V</b>

**Wednesday**

<b>Main Meals</b>	<b>Vegetables</b>
Roast Chicken Fillets with Roast Potatoes & Gravy	Carrots & Sweetcorn <b>Ve</b>
Vegan Cornish Pasty (G,SO) with Roast Potatoes <b>Ve</b>	<b>Dessert</b>
	Vanilla Shortbread (G) <b>V</b>

**Thursday**

<b>Main Meals</b>	<b>Vegetables</b>
Cumberland Sausage (G,SU) with Mash (MK) & Gravy	Green Beans & Cauliflower <b>Ve</b>
Potato Crust Cheese & Tomato Quiche (MK,E) with Side Salad <b>V</b>	<b>Dessert</b>
	Fruit Burst Jelly <b>V</b>

**Friday**

<b>Main Meals</b>	<b>Vegetables</b>
Fish Finger (G,F) Bap (G,se) with Wedges	Garden Peas <b>Ve</b>
Vegetarian Finger (G) Bap (G,se) with Wedges <b>Ve</b>	<b>Dessert</b>
	Yoghurt (SO,MK) with Homemade Fruit Compote <b>V</b>

**Freshly Baked Bread:**  
Pumpkin & Carrot (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

**Week 1:**  
12<sup>th</sup> Apr, 3<sup>rd</sup> May, 24<sup>th</sup> May, 14<sup>th</sup> Jun, 5<sup>th</sup> Jul, 26<sup>th</sup> Jul, 30<sup>th</sup> Aug, 20<sup>th</sup> Sep, 11<sup>th</sup> Oct

**MF Monday**

<b>Main Meals</b>	<b>Vegetables</b>
Cauliflower Macaroni & Cheese (G,MK) with Homemade Garlic Bread (G,SO,MK,e) <b>V</b>	Carrots & Sweetcorn <b>Ve</b>
Jacket Potato with Baked Beans <b>Ve</b> or Cheese (MK) <b>V</b>	<b>Dessert</b>
	Coconut & Jam Sponge (G,E,SU) <b>V</b>

**Tuesday**

<b>Main Meals</b>	<b>Vegetables</b>
Beef & Bean Chilli Con Carne (g) served with Baked Potato	Green Beans & Roasted Peppers <b>Ve</b>
Pasta (G) with Spinach & Onion Sauce (G,MK) <b>V</b>	<b>Dessert</b>
	Chocolate & Carrot Brownie (G,E) <b>V</b>

**Wednesday**

<b>Main Meals</b>	<b>Vegetables</b>
Roast Pork with Roast Potatoes & Gravy	Roasted Butternut Squash & Kale <b>Ve</b>
Potato & Leek Frittata (MK,E) <b>V</b>	<b>Dessert</b>
	Orange & Poppy Seed Sponge (G,E) <b>V</b>

**Thursday**

<b>Main Meals</b>	<b>Vegetables</b>
Chicken & Vegetable Curry (MU) with Steamed Rice	Carrots & Cauliflower <b>Ve</b>
Roasted Vegetable & Chick Pea Wrap (G,MK) <b>V</b>	<b>Dessert</b>
	Cherry Cookie (G,SU) <b>Ve</b>

**Friday**

<b>Main Meals</b>	<b>Vegetables</b>
Oven Baked Battered Fish (G,F) with Baked Chips	Garden Peas <b>Ve</b>
Jacket Potato with Baked Beans <b>Ve</b> or Cheese (MK) <b>V</b>	<b>Dessert</b>
	Vanilla & Sultana Sponge (G,E) <b>V</b>

**Freshly Baked Bread:**  
Courgette, Oat & Thyme (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

**Week 2:**  
19<sup>th</sup> Apr, 10<sup>th</sup> May, 31<sup>st</sup> May, 21<sup>st</sup> Jun, 12<sup>th</sup> Jul, 6<sup>th</sup> Sep, 27<sup>th</sup> Sep, 18<sup>th</sup> Oct

**MF Monday**

<b>Main Meals</b>	<b>Vegetables</b>
Chick Pea & Vegetable Curry with Rice <b>Ve</b>	Broccoli Florets <b>Ve</b>
Pasta (G) with Tomato & Vegetable Sauce (g) <b>Ve</b>	<b>Dessert</b>
	Carrot & Apple Flapjack (G) <b>V</b>

**Tuesday**

<b>Main Meals</b>	<b>Vegetables</b>
Pasta (G) Bolognese Topped with Cheese (MK)	Carrots & Peas <b>Ve</b>
Jacket Potato with Cheese (MK) <b>V</b> or Tuna Mayonnaise (F,E)	<b>Dessert</b>
	Lemon Drizzle Cake (G,E,SU) <b>V</b>

**Wednesday**

<b>Main Meals</b>	<b>Vegetables</b>
Roast Turkey with Roast Potatoes & Gravy	Green Cabbage & Roast Carrots <b>Ve</b>
Wholewheat Pasta (G) with Cheese & Leek Sauce (G,MK) <b>V</b>	<b>Dessert</b>
	Banana & Sultana Cake (G,E) with Custard (MK) <b>V</b>

**Thursday**

<b>Main Meals</b>	<b>Vegetables</b>
Creamy Chicken & Vegetables (G,MK) with Pasta (G)	Sweetcorn <b>Ve</b>
Margherita Pizza (G,MK) with Potato Salad (E) <b>V</b>	<b>Dessert</b>
	Yoghurt (SO,MK) with Homemade Fruit Compote <b>V</b>

**Friday**

<b>Main Meals</b>	<b>Vegetables</b>
Fish Fingers (G,F) with Oven Baked Chips	Garden Peas <b>Ve</b>
Vegetable Quarterpounder (G,se) with Oven Baked Chips <b>Ve</b>	<b>Dessert</b>
	Courgette & Orange Sponge (G,E,mk) <b>V</b>

**Freshly Baked Bread:**  
Sunflower, Rosemary & Tomato (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

**Week 3:**  
26<sup>th</sup> Apr, 17<sup>th</sup> May, 7<sup>th</sup> Jun, 28<sup>th</sup> Jun, 19<sup>th</sup> Jul, 13<sup>th</sup> Sep, 4<sup>th</sup> Oct

**V** - Suitable for vegetarians  
**Ve** - Suitable for vegans & vegetarians

**Allergen Key - CAPITAL LETTERS = contains, lower case = may contain**  
Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

All products are subject to availability.