

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

## Main Meals

Monday  
Chicken & Vegetable Paella  
Sweetcorn & Courgette Fritter (G,E) with Side Salad **V**  
Pasta (G) with Cheese & Chive Sauce (G,MK) **V**

## Vegetables

Peas **Ve**  
Dessert  
Apple & Cinnamon Sponge (G,E) with Custard (MK) **V**

## Main Meals

Tuesday  
Spaghetti (G) Bolognaise  
Squash & Lentil Curry (MU,g) with Steamed Rice **Ve**  
Jacket Potato with Cheese (MK) **V** or Salmon Mayonnaise (F,E)

## Vegetables

Chinese Cabbage **Ve**  
Dessert  
Strawberry Cheesecake (G,MK,so,e) **V**

## Main Meals

Wednesday  
Roast Chicken Fillets with Roast Potatoes & Gravy  
Vegan Cornish Pasty (G,SO) with Roast Potatoes **Ve**  
Pasta (G) with Roasted Tomato & Pepper Sauce **Ve**

## Vegetables

Green Cabbage & Carrots **Ve**  
Dessert  
Chocolate Sponge (G,E) & Chocolate Sauce (MK) **V**

## Main Meals

Thursday  
Cumberland Sausage (G,SU) with Mash (MK) & Gravy  
Potato Crust Cheese & Tomato Quiche (MK,E) with Side Salad **V**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

## Vegetables

Green Beans & Cauliflower **Ve**  
Dessert  
Fruit Burst Jelly **V**

## Main Meals

Friday  
Fish Finger (G,F) Bap (G,se) with Homemade Tartare Sauce (G,E,SU) & Side Salad  
Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup (G) & Side Salad **Ve**  
Pasta (G) with Creamy Mushroom Sauce (G,MK) **V**

## Vegetables

Baked Beans & Sweetcorn **Ve**  
Dessert  
Chocolate & Orange Cookie (G,mk) **V**

### 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

## Main Meals

Monday  
Cheesy Leek & Bacon Pasta Bake with a Herby Crust (G,MK)  
Tofu Sweet & Sour Mixed Vegetables (G,SO) with Steamed Rice **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

## Vegetables

Green Beans **Ve**  
Dessert  
Coconut & Jam Sponge (G,E,SU) with Custard (MK) **V**

## Main Meals

Tuesday  
Beef & Bean Chilli Con Carne (g) served with Baked Potato  
Vegan Chilli Con Carne (SO) served with Baked Potato **Ve**  
Pasta (G) with Spinach & Onion Sauce (G,MK) **V**

## Vegetables

Sweetcorn **Ve**  
Dessert  
Berry Crumble Slice (G) **Ve**

## Main Meals

Wednesday  
Roast Pork with Roast Potatoes & Gravy  
Potato & Leek Frittata (MK,E) **V**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

## Vegetables

Roasted Butternut Squash & Kale **Ve**  
Dessert  
Orange & Poppy Seed Sponge (G,E) **V**

## Main Meals

Thursday  
Beef Burger in a Bun (G,se) with Potato Salad (E)  
Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) **V**  
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

## Vegetables

Carrots & Cauliflower **Ve**  
Dessert  
Cherry Cookie (G,SU) **Ve**

## Main Meals

Friday  
Oven Baked Battered Fish (G,F) with Baked Chips  
Roasted Vegetable & Chick Pea Wrap (G,MK) **V**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

## Vegetables

Baked Beans & Garden Peas **Ve**  
Dessert  
Vanilla & Sultana Sponge (G,E) with Custard (MK) **V**

### 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

## Main Meals

Monday  
Chicken & Vegetable Biryani (MU,g) with a Lentil Dhal (g)  
Homemade Vegan Burger (G,se) with Baked Sweet Potato **Ve**  
Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

## Vegetables

Broccoli Florets **Ve**  
Dessert  
Carrot & Apple Flapjack (G) **V**

## Main Meals

Tuesday  
Beef Lasagne (G,MK,e)  
Carrot & Pea Risotto **Ve**  
Jacket Potato with Baked Beans **Ve** Cheese (MK) **V**, or Bolognaise

## Vegetables

Carrots & Peas **Ve**  
Dessert  
Lemon Drizzle Cake (G,E,SU) **V**

## Main Meals

Wednesday  
Roast Turkey with Roast Potatoes & Gravy  
Lentil & Bean Vegan Loaf (G,SO,se) with Roast Potatoes & Gravy **Ve**  
Wholewheat Pasta (G) with Cheese & Leek Sauce (G,MK) **V**

## Vegetables

Green Cabbage & Roast Carrots **Ve**  
Dessert  
Banana & Sultana Cake (G,E) with Custard (MK) **V**

## Main Meals

Thursday  
Creamy Chicken & Vegetables (G,MK) with Pasta (G)  
Margherita Pizza (G,MK) with Potato Salad (E) **V**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

## Vegetables

Sweetcorn **Ve**  
Dessert  
Chilled Rice Pudding with Berry Compote (MK) **V**

## Main Meals

Friday  
Fish Fingers (G,F) with Oven Baked Chips  
Vegetable & Lentil Croquette (G,SO,se) with Oven Baked Chips **Ve**  
Pasta (G) with Lentil & Bean Sauce (g) **Ve**

## Vegetables

Baked Beans & Garden Peas **Ve**  
Dessert  
Chocolate & Raisin Shortbread (G) **Ve**

### 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

All products are subject to availability.

### 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)

BM1 HomewoodBethHH

### Available Every Day

Fresh Fruit Platter **Ve**  
Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

April 2021

**pabulum**  
HONESTLY GOOD FOOD