

# 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**

**Main Meals**  
Margarita Pizza (G,MK) with Potato Salad (E) ✓  
Sweet Potato & Vegetable Dhal (g) with Rice ✓  
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

**Vegetables**  
Sweetcorn & Green Beans ✓  
**Dessert**  
Cinnamon & Sultana Bread & Butter Pudding (G,SO,MK,E,se) with Custard (MK) ✓

**Tuesday**

**Main Meals**  
Beef Burger in a Bun (G,se) with Oven Baked Wedges  
Vegetarian Burger (G) in a Bun (G,se) with Oven Baked Wedges ✓  
Pasta (G) with Tomato & Basil Sauce (g) ✓

**Vegetables**  
Peas ✓ & Coleslaw (E) ✓  
**Dessert**  
Marble Sponge (G,E) with Custard (MK) ✓

**Wednesday**

**Main Meals**  
Roast Chicken Fillets in Tomato Sauce with Roast Potatoes  
Chick Pea & Cauliflower Bake with Roast Potatoes ✓  
Wholemeal Pasta (G) with Cheese Sauce (G,MK) ✓

**Vegetables**  
Carrots & Cabbage ✓  
**Dessert**  
Waffles (G,E,SO,mk) with Berry Compote ✓

**Thursday**

**Main Meals**  
Sausages (G,SU) with Mashed Potato & Gravy  
Vegan Sausage (G,C) with Mashed Potato & Gravy ✓  
Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

**Vegetables**  
Broccoli & Sweetcorn ✓  
**Dessert**  
Carrot Cake (G,E,mk) ✓

**Friday**

**Main Meals**  
Oven Baked Fish Fingers (G,F) with Oven Baked Chips  
Vegetable Fingers (G) with Oven Baked Chips ✓  
Pasta (G) with Tomato & Basil Sauce (g) ✓

**Vegetables**  
Baked Beans & Peas ✓  
**Dessert**  
Pear & Berry Crumble (G) ✓ with Custard (MK) ✓

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

**Week 1:**  
1<sup>st</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec, 3<sup>rd</sup> Jan, 24<sup>th</sup> Jan, 14<sup>th</sup> Feb, 7<sup>th</sup> Mar, 28<sup>th</sup> Mar

**MF Monday**

**Main Meals**  
Mac n Cheese (G,MK) with Garlic Bread (G,SO,MK,e) ✓  
Vegetable & Bean Stew ✓ with Garlic Bread (G,SO,MK,e) ✓  
Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

**Vegetables**  
Broccoli Florets & Carrots ✓  
**Dessert**  
Apple & Sultana Crumble (G) ✓ with Custard (MK) ✓

**Tuesday**

**Main Meals**  
Chicken Fajita with Rice  
Vegetable Fajita (G,SO) with Rice ✓  
Wholemeal Pasta (G) with Cheese Sauce (G,MK) ✓

**Vegetables**  
Green Beans & Sweetcorn ✓  
**Dessert**  
Sticky Toffee Pudding with Toffee Sauce (G,MK,E) ✓

**Wednesday**

**Main Meals**  
Honey Roast Gammon with Roast Potatoes & Gravy  
Sweet Chilli & Vegetable Stirfry Noodles (G,SO,E,MU,SU) ✓  
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

**Vegetables**  
Cauliflower & Peas ✓  
**Dessert**  
Orange & Lemon Drizzle Cake (G,E) ✓

**Thursday**

**Main Meals**  
Sweet Potato Topped Cottage Pie  
Roasted Ratatouille Pasta Bake (G,MK) ✓  
Pasta (G) with Tomato Sauce (g) ✓

**Vegetables**  
Carrots & Cabbage ✓  
**Dessert**  
Cherry Cookie (G,SU) ✓

**Friday**

**Main Meals**  
Battered Fish Fillets (G,F) with Oven Baked Chips  
Vegan Bean Burrito (G,SO) with Oven Baked Chips ✓  
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

**Vegetables**  
Baked Beans & Peas ✓  
**Dessert**  
Chocolate & Courgette Sponge (G,E,mk) with Chocolate Sauce (MK) ✓

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

**Week 2:**  
8<sup>th</sup> Nov, 29<sup>th</sup> Nov, 20<sup>th</sup> Dec, 10<sup>th</sup> Jan, 31<sup>st</sup> Jan, 21<sup>st</sup> Feb, 14<sup>th</sup> Mar, 4<sup>th</sup> Apr

**MF Monday**

**Main Meals**  
Quorn Sausages (G,MK,E) with Potato Wedges ✓  
Squash & Butterbean Curry (SU) ✓ with Naan Bread (G,MK) ✓  
Pasta (G) with Tomato & Basil Sauce (g) ✓

**Vegetables**  
Peas & Cauliflower ✓  
**Dessert**  
Coconut & Orange Cookie (G,SU,mk) ✓

**Tuesday**

**Main Meals**  
Beef Chilli Con Carne (g) with Rice  
Vegan Chilli Con Carne (SO,MU,g) with Rice ✓  
Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

**Vegetables**  
Sweetcorn & Carrots ✓  
**Dessert**  
Banana Flapjack (G) ✓

**Wednesday**

**Main Meals**  
Herby Roast Chicken Fillets with Roast Potatoes & Gravy  
Vegan Sausage Loaf (G,SO,se) with Roast Potatoes & Gravy ✓  
Wholemeal Pasta (G) with Creamy Salmon (G,F,MK) or Cheese Sauce (G,MK) ✓

**Vegetables**  
Green Cabbage & Roasted Root Vegetables ✓  
**Dessert**  
Maryland Sultana Cookie (G,mk) ✓

**Thursday**

**Main Meals**  
Turkey Vegetable Casserole with Pasta (G)  
Vegan Bolognese (SO) with Spaghetti (G) ✓  
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

**Vegetables**  
Green Beans & Carrots ✓  
**Dessert**  
Vanilla Shortbread (G) ✓ with Homemade Lemon Curd (E) ✓

**Friday**

**Main Meals**  
Oven Baked Fish Fingers (G,F) with Oven Baked Chips  
Spinach & Tomato Pastry Pocket (G,MK) with Oven Baked Chips ✓  
Pasta (G) with Cheese Sauce (G,MK) ✓

**Vegetables**  
Baked Beans & Peas ✓  
**Dessert**  
Chocolate & Beetroot Brownie (G,E) ✓

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

**Week 3:**  
15<sup>th</sup> Nov, 6<sup>th</sup> Dec, 27<sup>th</sup> Dec, 17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 28<sup>th</sup> Feb, 21<sup>st</sup> Mar

✓ - 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), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM1Larchwood

Available Every Day

Fresh Fruit Platter ✓  
Homemade Fruit Yoghurt (SO,MK) ✓

November 2021

**pabulummm**  
HONESTLY GOOD FOOD