

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
Roasted Vegetable & Bean Hotpot Ve	Peas Ve
Dessert	
Pasta (G) with Cheese & Chive Sauce (G,MK) V	Apple & Cinnamon Sponge (G,E) with Custard (MK) V

Tuesday

Main Meals	Vegetables
Beef & Broccoli Stir Fry (G,SO) with Egg Noodles (G,E) or Rice	Chinese Cabbage Ve
Dessert	
Jacket Potato with Cheese (MK) V or Salmon Mayonnaise (F,E)	Strawberry Cheesecake (G,MK,so,e) V

Wednesday

Main Meals	Vegetables
Roast Chicken Fillets with Roast Potatoes & Gravy	Green Cabbage & Carrots Ve
Dessert	
Pasta (G) with Roasted Tomato & Pepper Sauce Ve	Chocolate Sponge (G,E) & Chocolate Sauce (MK) V

Thursday

Main Meals	Vegetables
Cumberland Sausage (G,SU) with Mash (MK) & Gravy	Green Beans & Cauliflower Ve
Dessert	
Jacket Potato with Baked Beans Ve or Cheese (MK) V	Fruit Burst Jelly V

Friday

Main Meals	Vegetables
Fish Finger (G,F) Bap (G,se) with Homemade Tartare Sauce (G,E,SU) & Side Salad	Baked Beans & Sweetcorn Ve
Dessert	
Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup (G) & Side Salad Ve	Chocolate & Orange Cookie (G,mk) V

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

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

MF Monday

Main Meals	Vegetables
Cauliflower Macaroni & Cheese (G,MK) with Homemade Garlic Bread (G,SO,MK,e) V	Green Beans Ve
Dessert	
Jacket Potato with Baked Beans Ve or Cheese (MK) V	Coconut & Jam Sponge (G,E,SU) with Custard (MK) V

Tuesday

Main Meals	Vegetables
Beef & Bean Chilli Con Carne (g) served with Baked Potato	Sweetcorn Ve
Dessert	
Vegan Chilli Con Carne (SO) served with Baked Potato Ve	Berry Crumble Slice (G) Ve

Wednesday

Main Meals	Vegetables
Roast Pork with Roast Potatoes & Gravy	Roasted Butternut Squash & Kale Ve
Dessert	
Jacket Potato with Baked Beans Ve or Cheese (MK) V	Orange & Poppy Seed Sponge (G,E) V

Thursday

Main Meals	Vegetables
Chicken & Vegetable Curry (MU) with Steamed Rice	Carrots & Cauliflower Ve
Dessert	
Pasta (G) with Tomato & Basil Sauce (g) Ve	Cherry Cookie (G,SU) Ve

Friday

Main Meals	Vegetables
Oven Baked Battered Fish (G,F) with Baked Chips	Baked Beans & Garden Peas Ve
Dessert	
Jacket Potato with Baked Beans Ve or Cheese (MK) V	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:
19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

MF Monday

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

Tuesday

Main Meals	Vegetables
Spaghetti (G) Bolognese	Carrots & Peas Ve
Dessert	
Jacket Potato with Baked Beans Ve Cheese (MK) V , or Bolognese	Lemon Drizzle Cake (G,E,SU) V

Wednesday

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

Thursday

Main Meals	Vegetables
Creamy Chicken & Vegetables (G,MK) with Pasta (G)	Sweetcorn Ve
Dessert	
Margherita Pizza (G,MK) with Potato Salad (E) V	Chilled Rice Pudding with Berry Compote (MK) V

Friday

Main Meals	Vegetables
Fish Fingers (G,F) with Oven Baked Chips	Baked Beans & Garden Peas Ve
Dessert	
Pasta (G) with Lentil & Bean Sauce (g) Ve	Chocolate & Raisin Shortbread (G) Ve

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

Week 3:
26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th 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)

BM1 Larchwood REDUCED
Available Every Day
Fresh Fruit Platter **Ve**
Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**
pabulummm
HONESTLY GOOD FOOD
April 2021

All products are subject to availability.