

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

Monday

Main Meals

- Sausage (G,SU) & Mash with Onion Gravy
- Vegetarian Sausage (G,C) & Mash **Ve**
- Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables

Sweetcorn & Peas **Ve**

Dessert

Vanilla Ice Cream (MK) with Fruit Compote **V**

Tuesday

Main Meals

- Mild Chicken & Vegetable Curry (MU) with Steamed Rice
- Thai Vegetable Green Curry (C) with Steamed Rice **Ve**
- Jacket Potato with Baked Beans **Ve**

Vegetables

Cauliflower & Green Beans **Ve**

Dessert

Fruit Burst Jelly **Ve**

Wednesday

Main Meals

- Honey Roast Gammon with Roast Potatoes & Gravy
- Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables

Seasonal Greens & Carrots **Ve**

Dessert

Apple & Oaty Topped Crumble (G) **Ve** with Custard (MK) **V**

Thursday

Main Meals

- Beef Burger in a Bun (G,se)
- Homemade Vegan Burger (g) in a Bun (G,se) **Ve**
- Jacket Potato with Cheese (MK) **V**

Vegetables

Broccoli & Sweetcorn **Ve**

Dessert

Chocolate & Beetroot Brownie (G,E) **V**

Friday

Main Meals

- Fish Fingers (G,F) with Oven Baked Chips
- Vegetable Burrito Wrap (G,SO) **Ve**
- Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables

Peas & Baked Beans **Ve**

Dessert

Maryland Cookie (G,mk) **V**

Freshly Baked Bread:

Garlic & Herb Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 1:

19th April, 9th May, 6th June, 27th June, 18th July, 30th August, 19th September, 10th October, 31st October

Monday

Main Meals

- BBQ Chicken Pizza (G,MK)
- Margherita Pizza (G,MK) **V**
- Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables

Sweetcorn **Ve** & Coleslaw (E) **V**

Dessert

Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) **V**

Tuesday

Main Meals

- Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)
- Sweet & Sour Vegetables (G,C) with Steamed Rice **Ve**
- Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables

Cauliflower & Peas **Ve**

Dessert

Oat & Cherry Cookie (G,SU) **Ve**

Wednesday

Main Meals

- Roast Chicken with Roast Potatoes & Gravy
- Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy **V**
- Jacket Potato with Baked Beans **Ve**

Vegetables

Seasonal Greens & Carrots **Ve**

Dessert

Banana Flapjack (G) **Ve**

Thursday

Main Meals

- Beef & Vegetable Ragu (C) with Penne (G)
- Vegan Chilli Con Carne (SO,C,g) with Rice **Ve**
- Jacket Potato with Baked Beans **Ve**

Vegetables

Broccoli & Sweetcorn **Ve**

Dessert

Apple & Parsnip Sponge (G,E) **V**

Friday

Main Meals

- Battered Fish (G,F) with Oven Baked Chips
- Vegetable Goujon with Oven Baked Chips **Ve**

Vegetables

Baked Beans & Peas **Ve**

Dessert

Vanilla Ice Cream (MK) with Peach Compote **V**

Freshly Baked Bread:

Carrot & Thyme Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 2:

25th April, 16th May, 13th June, 4th July, 5th September, 26th September, 17th October

Monday

Main Meals

- Macaroni & Cheese (G,MK) **V**
- Jacket Potato with Baked Beans **Ve**

Vegetables

Peas & Carrots **Ve**

Dessert

Sticky Banana Bread (G,SO,MK,e) **V**

Tuesday

Main Meals

- Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)
- Vegetable Jambalaya (g) **Ve**
- Jacket Potato with Tuna Mayonnaise (F,E)

Vegetables

Cauliflower & Broccoli **Ve**

Dessert

Chocolate Shortbread (G) **Ve**

Wednesday

Main Meals

- Roast Chicken Breast with Roast Potatoes & Gravy
- Roasted Ratatouille with Crumble (G) **Ve**
- Wholegrain Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables

Seasonal Greens & Mashed Swede **Ve**

Dessert

Mandarin Jelly **Ve**

Thursday

Main Meals

- Beef Bolognese (C) with Spaghetti (G)
- Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**
- Jacket Potato with Baked Beans **Ve**

Vegetables

Sweetcorn **Ve** & Coleslaw (E) **V**

Dessert

Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) **V**

Friday

Main Meals

- Fish Fingers (G,F) with Oven Baked Chips
- BBQ Vegetable Quesadilla (G,MK) **V**
- Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables

Baked Beans & Peas **Ve**

Dessert

Chocolate Mousse (MK) **V**

Freshly Baked Bread:

Tomato & Herb Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 3:

3rd May, 23rd May, 20th June, 11th July, 12th September, 3rd October, 24th October

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

BM1 Oak Farm
Available Every Day
Fresh Fruit Platter **Ve**
Homemade Fruit Yoghurt (SO,MK) **V**

April 2022

pabulummm
HONESTLY GOOD FOOD

All products are subject to availability.