

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

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| MF Monday | Main Meals | Vegetables |
| | Country Vegetable Pie Topped with Sweet Potato Mash (SO) Ve | Peas Ve |
| | Sweetcorn & Courgette Fritter (G,E) with Side Salad V | Dessert |
| | Pasta (G) with Cheese & Chive Sauce (G,MK) V | Apple & Cinnamon Sponge (G,E) with Custard (MK) V |

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| Tuesday | Main Meals | Vegetables |
| | Beef Lasagne (G,MK,e) | Chinese Cabbage Ve |
| | Halal Beef Lasagne (G,MK,e) | Dessert |
| | Squash & Lentil Curry (MU,g) with Steamed Rice Ve | Strawberry Cheesecake (G,MK,so,e) V |
| | Jacket Potato with Cheese (MK) V or Salmon Mayonnaise (F,E) | |

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

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| Thursday | Main Meals | Vegetables |
| | Pepperoni Pizza (G,MK) | Green Beans & Cauliflower Ve |
| | Margherita Pizza (G,MK) | Dessert |
| | Potato Crust Cheese & Tomato Quiche (MK,E) with Side Salad V | Fruit Burst Jelly V |
| | Jacket Potato with Baked Beans Ve or Cheese (MK) V | |

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| Friday | Main Meals | Vegetables |
| | Fish Finger (G,F) Bap (G,se) with Homemade Tartare Sauce (G,E,SU) & Side Salad | Baked Beans & Sweetcorn Ve |
| | Vegetarian Fingers (G) with Homemade Ketchup (G) & Oven Baked Chips V | Dessert |
| | Pasta (G) with Creamy Mushroom Sauce (G,MK) V | 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

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| MF Monday | Main Meals | Vegetables |
| | Cauliflower Macaroni & Cheese (G,MK) with Homemade Garlic Bread (G,SO,MK,e) V | Green Beans Ve |
| | Tofu Sweet & Sour Mixed Vegetables (G,SO) with Steamed Rice Ve | Dessert |
| | Jacket Potato with Baked Beans Ve or Cheese (MK) V | Coconut & Jam Sponge (G,E,SU) with Custard (MK) V |

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| Tuesday | Main Meals | Vegetables |
| | Beef & Bean Chilli (g) with Tacos (g) or Rice | Sweetcorn Ve |
| | Halal Beef & Bean Chilli (g) with Tacos (g) or Rice | Dessert |
| | Vegan Chilli Con Carne (SO) served with Baked Potato Ve | Berry Crumble Slice (G) Ve |
| | Pasta (G) with Spinach & Onion Sauce (G,MK) V | |

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

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| Thursday | Main Meals | Vegetables |
| | Chicken & Beef Sausage with Mash (MK) & Gravy | Carrots & Cauliflower Ve |
| | Halal Chicken & Beef Sausage with Mash (MK) & Gravy | Dessert |
| | Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) V | Cherry Cookie (G,SU) Ve |
| | Pasta (G) with Tomato & Basil Sauce (g) Ve | |

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| Friday | Main Meals | Vegetables |
| | Oven Baked Battered Fish (G,F) with Baked Chips | Baked Beans & Garden Peas Ve |
| | Vegan Mince & Vegetable Pasta Bake (G,SO) 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

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| MF Monday | Main Meals | Vegetables |
| | Chick Pea & Vegetable Curry with Rice Ve | Broccoli Florets Ve |
| | Homemade Vegan Burger (G,se) with Baked Sweet Potato Ve | Dessert |
| | Pasta (G) with Tomato & Vegetable Sauce (g) Ve | Carrot & Apple Flapjack (G) V |

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

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| Wednesday | Main Meals | Vegetables |
| | Roast Chicken with Mashed Potatoes (MK) & Gravy | Green Cabbage & Roast Carrots Ve |
| | Halal Roast Chicken with Mashed Potatoes (MK) & Gravy | Dessert |
| | Lentil & Bean Vegan Loaf (G,SO,se) with Roast Potatoes & Gravy Ve | Banana & Sultana Cake (G,E) with Custard (MK) V |
| | Wholewheat Pasta (G) with Cheese & Leek Sauce (G,MK) V | |

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| Thursday | Main Meals | Vegetables |
| | Beef Burger in a Bun (G,se) with Wedges | Sweetcorn Ve |
| | Halal Beef Burger in a Bun (G,se) with Wedges | Dessert |
| | Margherita Pizza (G,MK) with Potato Salad (E) V | Chilled Rice Pudding with Berry Compote (MK) V |
| | Jacket Potato with Baked Beans Ve or Cheese (MK) V | |

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| Friday | Main Meals | Vegetables |
| | Fish Fingers (G,F) with Oven Baked Chips | Baked Beans & Garden Peas Ve |
| | Vegetable & Lentil Croquette (G,SO,se) with Oven Baked Chips 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
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)

Available Every Day

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

BM2ChurchfieldsJunior April 2021

pabulummm
HONESTLY GOOD FOOD