

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

Roasted Vegetable & Bean Hotpot **Ve**
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**

Tuesday

Main Meals

Beef & Broccoli Stir Fry (G,SO) with Egg Noodles (G,E) or Rice
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**

Wednesday

Main Meals

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**

Thursday

Main Meals

Beef Burger in a Bun (G,se) with Potato Salad (E)
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**

Friday

Main Meals

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:

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

MF Monday

Main Meals

Cauliflower Macaroni & Cheese (G,MK) with Homemade Garlic Bread (G,SO,MK,e) **V**
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**

Tuesday

Main Meals

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**

Wednesday

Main Meals

Roast Turkey 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**

Thursday

Main Meals

Chicken & Sweetcorn Meatballs in Rich Tomato Sauce with Penne Pasta (G)
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**

Friday

Main Meals

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:

19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

MF Monday

Main Meals

Chick Pea & Vegetable Curry with Rice **Ve**
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**

Tuesday

Main Meals

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

Vegetables

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

Wednesday

Main Meals

Roast Chicken 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**

Thursday

Main Meals

Chicken & Beef Sausage with Mash (MK) & Gravy
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**

Friday

Main Meals

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:

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)

BM2Downsview

Available Every Day

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

April 2021

pabulum
HONESTLY GOOD FOOD