

MADE FRESH EVERY DAY

Meat Free Monday

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

WEEK 1:

30th OCT, 20th NOV, 11th DEC, 1st JAN,
22nd JAN, 12th FEB, 5th MAR, 26th MAR

Meat Free Monday

Sweetcorn & Pepper Pizza (G,MK) with Potato Wedges V
Macaroni Cheese (G,MK) V
Carrots & Peas V

Jacket Potato with Baked Beans, Tuna (F) Mayonnaise (E) or Grated Cheese (MK)
Apple Crumble (G,mk) with Custard (MK) V
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

Tuesday

Hoisin Chicken with Spaghetti Noodles (G,SO,c,mu)
Halal Hoisin Chicken with Spaghetti Noodles (G,SO,c,mu)
Hoisin Vegetables with Spaghetti Noodles (G,SO,c,mu) V
Green Beans & Cauliflower V

Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V
Fruit Jelly V
Fresh Fruit Platter, Chocolate Mousse (SO,MK) V

Wednesday

Roast Chicken & Stuffing (G) with Roast Potatoes
Halal Roast Chicken & Stuffing (G) with Roast Potatoes
Vegetable Loaf & Trimmings (G,E,SO,se) with Roast Potatoes V
Seasonal Vegetables V

Jacket Potato with Baked Beans, Tuna (F) Mayonnaise (E) or Grated Cheese (MK)
Chocolate Sponge (G,E,mk) with Chocolate Sauce (MK) V
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

Thursday

Beef & Vegetable Pie (G,E,mk) with Mashed Potato (MK) & Gravy
Halal Beef & Vegetable Pie (G,E,mk) with Mashed Potato (MK) & Gravy
Vegetarian Pie (G,E,SO,MK) with Mashed Potato (MK) & Gravy V
Carrots & Sweetcorn V

Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) V
Jam Sponge (G,E,mk,SU) with Custard (MK) V
Fresh Fruit Platter, Strawberry Mousse (SO,MK) V

Friday

 Fish Fingers (G,F) with Chips
Vegetarian Burger (G,E,SE) with Chips V
Baked Beans & Garden Peas V

Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V
Cherry Flapjack (G,mk,SU) V
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

WEEK 2:

6th NOV, 27th NOV, 18th DEC, 8th JAN,
29th JAN, 19th FEB, 12th MAR

Meat Free Monday

Sweet Pepper Pizza (G,MK) with Potato Wedges V
Baked Vegetable Lasagne (G,MK) with Potato Wedges V
Carrots & Savoy Cabbage V

Jacket Potato with Baked Beans, Tuna (F) Mayonnaise (E) or Grated Cheese (MK)
Apple Pie (G,mk) with Custard (MK) V
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

Tuesday

Mild Chicken Korma (g,SO,MK) with Rice
Halal Mild Chicken Korma (g,SO,MK) with Rice
Sweet Potato & Chickpea Korma (g,MK) with Rice V
Garden Peas V

Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V
Fruit Jelly V
Fresh Fruit Platter, Chocolate Mousse (SO,MK) V

Wednesday

Roast Beef & Yorkshire Pudding (G,E,MK) with Roast Potatoes
Halal Roast Beef & Yorkshire Pudding (G,E,MK) with Roast Potatoes
Leek & Potato Bake (MK) V
Seasonal Vegetables V

Jacket Potato with Baked Beans, Salmon(F) Mayonnaise(E) or Grated Cheese(MK)
Apple Crumb Cake (G,E,mk) with Custard (MK) V
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

Thursday

Cottage Pie with Gravy (MK)
Halal Cottage Pie with Gravy (MK)
Cottage Pie with Gravy (G,SO,MK) V
Cauliflower & Sweetcorn V

Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) V
Sticky Toffee Pudding (G,E,MK) with Custard (MK) V
Fresh Fruit Platter, Strawberry Mousse (SO,MK) V

Friday

 Battered Fish (G,F) with Chips
Falafel Wrap & Minted Yoghurt (G,E,MK) with Chips V
Baked Beans & Garden Peas V

Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V
Shortbread (G,mk) V
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

WEEK 3:

13th NOV, 4th DEC, 25th DEC, 15th JAN,
5th FEB, 26th FEB, 19th MAR

Meat Free Monday

Cheese & Tomato Pizza (G,MK) with Potato Wedges V
Spaghetti (G) Bolognese (G,SO) V
Carrots & Sweetcorn V

Jacket Potato with Baked Beans, Tuna (F) Mayonnaise (E) or Grated Cheese (MK)
Rhubarb & Pear Crumble (G,mk) with Custard (MK) V
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

Tuesday

Stir Fried Chicken with Rice (G,SO)
Halal Stir Fried Chicken with Rice (G,SO)
Stir Fried Vegetables with Rice (G,SO) V
Green Beans & Cauliflower V

Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V
Fruit Jelly V
Fresh Fruit Platter, Chocolate Mousse (SO,MK) V

Wednesday

Roast Turkey & Stuffing (G) with Roast Potatoes
Halal Roast Turkey & Stuffing (G) with Roast Potatoes
Bean Hot Pot V
Seasonal Vegetables V

Jacket Potato with Baked Beans, Tuna (F) Mayonnaise (E) or Grated Cheese (MK)
Chocolate Sponge (G,E,mk) with Chocolate Sauce (MK) V
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

Thursday

Sausages with Mashed Potato & Onion Gravy
in a Yorkshire Pudding (G,E,SO,MK,SU)
Halal Sausages with Mashed Potato & Onion Gravy
in a Yorkshire Pudding (G,E,SO,MK,SU)

Sausages with Mashed Potato & Onion Gravy
in a Yorkshire Pudding (G,E,SO,MK,SU) V
Broccoli & Cabbage V
Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) V

Lemon Cake (G,E,mk,SU) with Custard (MK) V
Fresh Fruit Platter, Strawberry Mousse (SO,MK) V

Friday

 Fish Fingers (G,F) with Chips
Chickpea Burger (G,E,SO,SE,SU) with Chips V
Baked Beans & Garden Peas V

Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V
Fruit Flapjack (G,mk,SU) V
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

ALLERGEN KEY:

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)
MAY CONTAINS ARE SPECIFIED BY lower case letters.

V - SUITABLE FOR VEGETARIANS

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HONESTLY GOOD FOOD