

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
 Margarita Pizza (G,MK) with Potato Salad (E) ✓
 Sweet Potato & Vegetable Dhal (g) with Rice ✓
 Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables
 Sweetcorn & Green Beans ✓

Dessert
 Cinnamon & Sultana Bread & Butter Pudding (G,SO,MK,E,se) with Custard (MK) ✓

Tuesday
Main Meals
 Beef Lasagne (G,MK,e)
 Halal Beef Lasagne (G,MK,e)
 Vegetarian Burger (G) in a Bun (G,se) with Oven Baked Wedges ✓
 Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables
 Peas ✓ & Coleslaw (E) ✓

Dessert
 Marble Sponge (G,E) with Custard (MK) ✓

Wednesday
Main Meals
 Roast Chicken Fillets in Tomato Sauce with Roast Potatoes
 Halal Roast Chicken Fillets in Tomato Sauce with Roast Potatoes
 Chick Pea & Cauliflower Bake with Roast Potatoes ✓
 Wholemeal Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables
 Carrots & Cabbage ✓

Dessert
 Waffles (G,E,SO,mk) with Berry Compote ✓

Thursday
Main Meals
 Chicken & Beef Sausages with Mashed Potato & Gravy
 Halal Chicken & Beef Sausages with Mashed Potato & Gravy
 Vegan Mince & Vegetable Pie topped with Mashed Potato (SO,g) ✓
 Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

Vegetables
 Broccoli & Sweetcorn ✓

Dessert
 Homemade Fruit Yoghurt (SO,MK) ✓, Fruit Platter ✓

Friday
Main Meals
 Oven Baked Fish Fingers (G,F) with Oven Baked Chips
 Vegetable Fingers (G) with Oven Baked Chips ✓
 Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables
 Baked Beans & Peas ✓

Dessert
 Pear & Berry Crumble (G) ✓ with Custard (MK) ✓

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

Week 1:
 1st Nov, 22nd Nov, 13th Dec, 3rd Jan, 24th Jan, 14th Feb, 7th Mar, 28th Mar

MF Monday
Main Meals
 Mac n Cheese (G,MK) with Garlic Bread (G,SO,MK,e) ✓
 Vegetable & Bean Stew ✓ with Garlic Bread (G,SO,MK,e) ✓
 Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

Vegetables
 Broccoli Florets & Carrots ✓

Dessert
 Apple & Sultana Crumble (G) ✓ with Custard (MK) ✓

Tuesday
Main Meals
 Chicken Korma (SO,MK,g) with Rice
 Halal Chicken Korma (SO,MK,g) with Rice
 Vegetable Fajita (G,SO) with Rice ✓
 Wholemeal Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables
 Green Beans & Sweetcorn ✓

Dessert
 Sticky Toffee Pudding with Toffee Sauce (G,MK,E) ✓

Wednesday
Main Meals
 Lemon & Thyme Roast Chicken Fillets with Roast Potatoes & Gravy
 Halal Lemon & Thyme Roast Chicken Fillets with Roast Potatoes & Gravy
 Sweet Chilli & Vegetable Stirfry Noodles (G,SO,E,MU,SU) ✓
 Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables
 Cauliflower & Peas ✓

Dessert
 Orange & Lemon Drizzle Cake (G,E) ✓

Thursday
Main Meals
 Sweet Potato Topped Cottage Pie
 Halal Sweet Potato Topped Cottage Pie
 Spinach, Courgette & Feta Filo Tart (G,MK) with Mashed Potato ✓
 Pasta (G) with Tomato Sauce (g) ✓

Vegetables
 Carrots & Cabbage ✓

Dessert
 Homemade Fruit Yoghurt (SO,MK) ✓, Fruit Platter ✓

Friday
Main Meals
 Battered Fish Fillets (G,F) with Oven Baked Chips
 Vegan Bean Burrito (G,SO) with Oven Baked Chips ✓
 Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables
 Baked Beans & Peas ✓

Dessert
 Chocolate & Courgette Sponge (G,E,mk) with Chocolate Sauce (MK) ✓

Freshly Baked Bread:
 Courgette, Oat & Thyme (G,SO,MK,e) ✓ Wholemeal (G,SO,MK,e) ✓

Week 2:
 8th Nov, 29th Nov, 20th Dec, 10th Jan, 31st Jan, 21st Feb, 14th Mar, 4th Apr

MF Monday
Main Meals
 Quorn Sausages (G,MK,E) with Potato Wedges ✓
 Squash & Butterbean Curry (SU) ✓ with Naan Bread (G,MK) ✓
 Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables
 Peas & Cauliflower ✓

Dessert
 Coconut & Orange Cookie (G,SU,mk) ✓

Tuesday
Main Meals
 Beef Chilli Con Carne (g) with Rice
 Halal Beef Chilli Con Carne (g) with Rice
 Vegan Chilli Con Carne (SO,MU,g) with Rice ✓
 Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

Vegetables
 Sweetcorn & Carrots ✓

Dessert
 Banana Flapjack (G) ✓

Wednesday
Main Meals
 Herby Roast Chicken Fillets with Roast Potatoes & Gravy
 Halal Herby Roast Chicken Fillets with Roast Potatoes & Gravy
 Vegan Sausage Loaf (G,SO,se) with Roast Potatoes & Gravy ✓
 Wholemeal Pasta (G) with Creamy Salmon (G,F,MK) or Cheese Sauce (G,MK) ✓

Vegetables
 Green Cabbage & Roasted Root Vegetables ✓

Dessert
 Maryland Sultana Cookie (G,mk) ✓

Thursday
Main Meals
 Traditional Beef Bolognese with Spaghetti (G)
 Halal Traditional Beef Bolognese with Spaghetti (G)
 Roasted Ratatouille Pasta Bake (G,MK) ✓
 Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables
 Green Beans & Carrots ✓

Dessert
 Homemade Fruit Yoghurt (SO,MK) ✓, Fruit Platter ✓

Friday
Main Meals
 Oven Baked Fish Fingers (G,F) with Oven Baked Chips
 Spinach & Tomato Pastry Pocket (G,MK) with Oven Baked Chips ✓
 Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables
 Baked Beans & Peas ✓

Dessert
 Chocolate & Beetroot Brownie (G,E) ✓

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

Week 3:
 15th Nov, 6th Dec, 27th Dec, 17th Jan, 7th Feb, 28th Feb, 21st Mar

✓ - 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)

BM2Rockmount
 Available Every Day
 Fresh Fruit Platter ✓
 Homemade Fruit Yoghurt (SO,MK) ✓
 November 2021
pabulummm
 HONESTLY GOOD FOOD

All products are subject to availability.