

# 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](http://www.schoolfoodplan.com)

MF Monday	<b>Main Meals</b>	Roasted Vegetable & Bean Hotpot <b>Ve</b>	<b>Vegetables</b>	Peas <b>Ve</b>
		Sweetcorn & Courgette Fritter (G,E) with Side Salad <b>V</b>	<b>Dessert</b>	Apple & Cinnamon Sponge (G,E) with Custard (MK) <b>V</b>
		Pasta (G) with Cheese & Chive Sauce (G,MK) <b>V</b>		

Tuesday	<b>Main Meals</b>	Beef & Broccoli Stir Fry (G,SO) with Egg Noodles (G,E) or Rice	<b>Vegetables</b>	Chinese Cabbage <b>Ve</b>
		Halal Beef & Broccoli Stir Fry (G,SO) with Egg Noodles (G,E) or Rice	<b>Dessert</b>	Strawberry Cheesecake (G,MK,so,e) <b>V</b>
		Squash & Lentil Curry (MU,g) with Steamed Rice <b>Ve</b>		
		Jacket Potato with Cheese (MK) <b>V</b> or Salmon Mayonnaise (F,E)		

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

Thursday	<b>Main Meals</b>	Chicken & Sweetcorn Meatballs in Rich Tomato Sauce with Penne Pasta (G)	<b>Vegetables</b>	Green Beans & Cauliflower <b>Ve</b>
		Halal Chicken & Sweetcorn Meatballs in Rich Tomato Sauce with Penne Pasta (G)	<b>Dessert</b>	Fruit Burst Jelly <b>V</b>
		Potato Crust Cheese & Tomato Quiche (MK,E) with Side Salad <b>V</b>		
		Jacket Potato with Baked Beans <b>Ve</b> or Cheese (MK) <b>V</b>		

Friday	<b>Main Meals</b>	Fish Fingers (G,F) with Oven Baked Chips	<b>Vegetables</b>	Baked Beans & Sweetcorn <b>Ve</b>
		Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup (G) & Side Salad <b>Ve</b>	<b>Dessert</b>	Chocolate & Orange Cookie (G,mk) <b>V</b>
		Pasta (G) with Creamy Mushroom Sauce (G,MK) <b>V</b>		

### Freshly Baked Bread:

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

### Week 1:

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

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

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

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

Thursday	<b>Main Meals</b>	Chicken & Vegetable Curry (MU) with Steamed Rice	<b>Vegetables</b>	Carrots & Cauliflower <b>Ve</b>
		Halal Chicken & Vegetable Curry (MU) with Steamed Rice	<b>Dessert</b>	Cherry Cookie (G,SU) <b>Ve</b>
		Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) <b>V</b>		
		Pasta (G) with Tomato & Basil Sauce (g) <b>Ve</b>		

Friday	<b>Main Meals</b>	Oven Baked Battered Fish (G,F) with Baked Chips	<b>Vegetables</b>	Baked Beans & Garden Peas <b>Ve</b>
		Roasted Vegetable & Chick Pea Wrap (G,MK) <b>V</b>	<b>Dessert</b>	Vanilla & Sultana Sponge (G,E) with Custard (MK) <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b> or Cheese (MK) <b>V</b>		

### Freshly Baked Bread:

Courgette, Oat & Thyme (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

### Week 2:

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

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

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

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

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

Friday	<b>Main Meals</b>	Fish Fingers (G,F) with Oven Baked Chips	<b>Vegetables</b>	Baked Beans & Garden Peas <b>Ve</b>
		Vegetable & Lentil Croquette (G,SO,se) with Oven Baked Chips <b>Ve</b>	<b>Dessert</b>	Chocolate & Raisin Shortbread (G) <b>Ve</b>
		Pasta (G) with Lentil & Bean Sauce (g) <b>Ve</b>		

### Freshly Baked Bread:

Sunflower, Rosemary & Tomato (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

### Week 3:

26<sup>th</sup> Apr, 17<sup>th</sup> May, 7<sup>th</sup> Jun, 28<sup>th</sup> Jun, 19<sup>th</sup> Jul, 13<sup>th</sup> Sep, 4<sup>th</sup> 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**

BM2Western House April 2021

**pabulummm**  
HONESTLY GOOD FOOD