

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
 Halal Lamb & Vegetable Keema (g) with Rice
 Squash & Lentil Curry (MU,g) with Steamed Rice **Ve**
 Jacket Potato with Cheese (MK) **V** or Salmon Mayonnaise (F,E)

Vegetables
 Sweetcorn **Ve**

Dessert
 Fresh Fruit **Ve**, Yoghurt (SO,MK) with Homemade Fruit Compote **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
 Apple Crumble (G) with Custard (MK) **V**

Thursday

Main Meals
 Sweet Chilli & Soy Vegetable Fried Rice (G,SO) **Ve**
 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 Fingers (G,F) with Oven Baked Chips
 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
 Halal Roast Chicken with Roast Potatoes & Gravy
 Vegan Chilli Con Carne (SO) served with Baked Potato **Ve**
 Pasta (G) with Spinach & Onion Sauce (G,MK) **V**

Vegetables
 Chinese Cabbage **Ve**

Dessert
 Fresh Fruit **Ve**, Yoghurt (SO,MK) with Homemade Fruit Compote **V**

Wednesday

Main Meals
 Lamb & Vegetable Curry (MU) with Rice
 Potato & Leek Frittata (MK,E) **V**
 Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables
 Roasted Butternut Squash & Kale **Ve**

Dessert
 Fresh Fruit **Ve**, Yoghurt (SO,MK) with Homemade Fruit Compote **V**

Thursday

Main Meals
 Chickpea & Vegetable Curry with Rice
 Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) **V**
 Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables
 Carrots **Ve**

Dessert
 Ice Cream (MK) **V**

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

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)

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
 Halal Chicken & Vegetable Curry (MU) with Rice
 Carrot & Pea Risotto **Ve**
 Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables
 Carrots & Peas **Ve**

Dessert
 Fresh Fruit **Ve**, Yoghurt (SO,MK) with Homemade Fruit Compote **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
 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.