

Let's see what's for lunch...

Monday

Main Meals

Mediterranean Chicken & Vegetables with Cous Cous (G,so)
Halal Mediterranean Chicken & Vegetables with Cous Cous (G,so)
Tex Mex Vegetarian Sausage
Hot Pot (G,E,MK) V

Vegetables

Sweetcorn & Peas Ve

Dessert

Vanilla Ice Cream (MK)
with Fruit Compote V

Pasta (G) with Cheese Sauce (G,MK) V

Tuesday

Main Meals

Mild Turkey & Vegetable Curry (MU) with Steamed Rice
Halal Mild Turkey & Vegetable Curry (MU) with Steamed Rice
Sweet Potato & Vegetable Curry (C) with Steamed Rice Ve

Vegetables

Cauliflower & Green Beans Ve

Dessert

Fruit Burst Jelly Ve

Jacket Potato with Baked Beans Ve

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Halal Roast Chicken with Roast Potatoes & Gravy
BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy Ve

Vegetables

Seasonal Greens & Carrots Ve

Dessert

Apple & Oaty Topped Crumble (G) Ve with Custard (MK) V

Wholegrain Pasta (G) with Tomato Sauce (C) Ve

Thursday

Main Meals

Lamb Bolognese (g) with Spaghetti (G)
Halal Lamb Bolognese (g) with Spaghetti (G)

Vegetables

Broccoli & Sweetcorn Ve

Dessert

Chocolate & Beetroot Brownie (G,E) V

Homemade Vegan Burger (g) in a Bun (G,se) Ve

Jacket Potato with Cheese (MK) V

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips

Vegetables

Peas & Baked Beans Ve

Dessert

Maryland Cookie (G,mk) V

Vegetable Burrito Wrap (G,SO) Ve

Pasta (G) with Tomato Sauce (C) Ve

Freshly Baked Bread:

Garlic & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 1:

19th April, 9th May, 6th June, 27th June, 18th July, 30th August, 19th September, 10th October, 31st October

Monday

Main Meals

BBQ Chicken Pizza (G,MK)
Halal BBQ Chicken Pizza (G,MK)

Vegetables

Sweetcorn Ve & Coleslaw (E) V

Dessert

Margherita Pizza (G,MK) V
Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) V

Main Meals

Spicy Sweet & Sour Chicken (G,C) with Steamed Rice
Halal Spicy Sweet & Sour Chicken (G,C) with Steamed Rice

Vegetables

Cauliflower & Peas Ve

Dessert

Oat & Cherry Cookie (G,SU) Ve

Sweet & Sour Vegetables (G,C) with Steamed Rice Ve

Wholegrain Pasta (G) with Tomato Sauce (C) Ve

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Halal Roast Chicken with Roast Potatoes & Gravy

Vegetables

Seasonal Greens & Carrots Ve

Dessert

Banana Flapjack (G) Ve

Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy V

Pasta (G) with Cheese Sauce (G,MK) V

Thursday

Main Meals

Turkey & Bean Chilli (C,g) with Rice
Halal Turkey & Bean Chilli (C,g) with Rice

Vegetables

Broccoli & Sweetcorn Ve

Dessert

Apple & Parsnip Sponge (G,E) V

Vegan Chilli Con Carne (SO,C,g) with Rice Ve

Jacket Potato with Baked Beans Ve

Friday

Main Meals

Battered Fish (G,F) with Oven Baked Chips

Vegetables

Baked Beans & Peas Ve

Dessert

Vanilla Ice Cream (MK)
with Peach Compote V

Vegetable Goujon with Oven Baked Chips Ve

Pasta (G) with Roasted Tomato Sauce Ve

Freshly Baked Bread:

Carrot & Thyme Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 2:

25th April, 16th May, 13th June, 4th July, 5th September, 26th September, 17th October

Monday

Main Meals

Shepherds Pie topped with Sliced Sweet Potato (g)
Halal Shepherds Pie topped with Sliced Sweet Potato (g)

Vegetables

Peas & Carrots Ve

Dessert

Sticky Banana Bread (G,SO,MK,e) V

Macaroni & Cheese (G,MK) V

Jacket Potato with Baked Beans Ve

Tuesday

Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)
Halal Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)

Vegetables

Cauliflower & Broccoli Ve

Dessert

Chocolate Shortbread (G) Ve

Vegetable Jambalaya (g) Ve

Jacket Potato with Salmon Mayonnaise (F,E)

Wednesday

Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy
Halal Thyme Roast Chicken Breast with Roast Potatoes & Gravy

Vegetables

Seasonal Greens & Mashed Swede Ve

Dessert

Mandarin Jelly Ve

Roasted Ratatouille with Crumble (G) Ve

Wholegrain Pasta (G) with Cheese Sauce (G,MK) V

Thursday

Main Meals

Chicken Burger in a Bun (G,se)

Vegetables

Sweetcorn Ve & Coleslaw (E) V

Dessert

Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) V

Halal Chicken Burger in a Bun (G,se)

Vegan Bolognese (SO,g) with Spaghetti (G) Ve

Jacket Potato with Baked Beans Ve

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips

Vegetables

Baked Beans & Peas Ve

Dessert

Chocolate Mousse (MK) V

BBQ Vegetable Quesadilla (G,MK) V

Pasta (G) with Tomato Sauce (C) Ve

Freshly Baked Bread:

Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 3:

3rd May, 23rd May, 20th June, 11th July, 12th September, 3rd October, 24th October

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)

BM3 Halal Non Cranford Park

Available Every Day

Fresh Fruit Platter Ve

Homemade Fruit Yoghurt (SO,MK) V

April 2022

pabulummm
HONESTLY GOOD FOOD

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians
All products are subject to availability.