

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

Monday

## Main Meals

Sweet & Sour Chicken (G,C) with Egg Noodles (G,E)  
Halal Sweet & Sour Chicken (G,C) with Egg Noodles (G,E)  
Tex Mex Vegetarian Sausage  
Hot Pot (G,E,MK) V

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

## Vegetables

Sweetcorn & Peas Ve

## Dessert

Vanilla Ice Cream (MK)  
with Fruit Compote 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

Jacket Potato with Baked Beans Ve or Cheese (MK) V

## Vegetables

Cauliflower & Green Beans Ve

## Dessert

Fruit Burst Jelly 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

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

## Vegetables

Seasonal Greens & Carrots Ve

## Dessert

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

Thursday

## Main Meals

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

Vegetable Burger (G) in a Bun (G,se) Ve

Jacket Potato with Baked Beans Ve or Cheese (MK) V

## Vegetables

Broccoli & Sweetcorn Ve

## Dessert

Chocolate & Beetroot Brownie (G,E) V

Friday

## Main Meals

Fish Fingers (G,F) with Oven Baked Chips

Vegetable Burrito Wrap (G,SO) Ve

Pasta (G) with Tomato Sauce (C) Ve

## Vegetables

Peas & Baked Beans Ve

## Dessert

Maryland Cookie (G,mk) V

## Freshly Baked Bread:

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

### Week 1:

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

Monday

## Main Meals

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

Margherita Pizza (G,MK) V

Jacket Potato with Tuna Mayonnaise (F,E) or Baked Beans Ve

## Vegetables

Sweetcorn Ve & Coleslaw (E) V

## Dessert

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

Tuesday

## Main Meals

Turkey Lasagne (G,MK,e)  
Halal Turkey Lasagne (G,MK,e)

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

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

## Vegetables

Cauliflower & Peas Ve

## Dessert

Oat & Cherry Cookie (G,SU) Ve

Wednesday

## Main Meals

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

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

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

## Vegetables

Seasonal Greens & Carrots Ve

## Dessert

Banana Flapjack (G) Ve

Thursday

## Main Meals

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

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

Jacket Potato with Baked Beans Ve or Cheese (MK) V

## Vegetables

Broccoli & Sweetcorn Ve

## Dessert

Apple & Parsnip Sponge (G,E) V

Friday

## Main Meals

Battered Fish (G,F) with Oven Baked Chips

Vegetable Goujon with Oven Baked Chips Ve

Pasta (G) with Roasted Tomato Sauce Ve

## Vegetables

Baked Beans & Peas Ve

## Dessert

Vanilla Ice Cream (MK) with Peach Compote V

## Freshly Baked Bread:

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

### Week 2:

25<sup>th</sup> April, 16<sup>th</sup> May, 13<sup>th</sup> June, 4<sup>th</sup> July, 5<sup>th</sup> September, 26<sup>th</sup> September, 17<sup>th</sup> October

Monday

## Main Meals

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

Macaroni & Cheese (G,MK) V

Jacket Potato with Baked Beans Ve or Cheese (MK) V

## Vegetables

Peas & Carrots Ve

## Dessert

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

Tuesday

## Main Meals

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

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

Vegetable Jambalaya (g) Ve

Jacket Potato with Salmon Mayonnaise (F,E) or Cheese (MK) V

## Vegetables

Cauliflower & Broccoli Ve

## Dessert

Chocolate Shortbread (G) Ve

Wednesday

## Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy

Halal Thyme Roast Chicken Breast with Roast Potatoes & Gravy

Roasted Ratatouille with Crumble (G) Ve

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

## Vegetables

Seasonal Greens & Mashed Swede Ve

## Dessert

Mandarin Jelly Ve

Thursday

## Main Meals

Chicken Burger in a Bun (G,se)

Halal Chicken Burger in a Bun (G,se)

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

Jacket Potato with Baked Beans Ve or Cheese (MK) V

## Vegetables

Sweetcorn Ve & Coleslaw (E) V

## Dessert

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

Friday

## Main Meals

Fish Fingers (G,F) with Oven Baked Chips

BBQ Vegetable Quesadilla (G,MK) V

Pasta (G) with Tomato Sauce (C) Ve

## Vegetables

Baked Beans & Peas Ve

## Dessert

Chocolate Mousse (MK) V

## Freshly Baked Bread:

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

### Week 3:

3<sup>rd</sup> May, 23<sup>rd</sup> May, 20<sup>th</sup> June, 11<sup>th</sup> July, 12<sup>th</sup> September, 3<sup>rd</sup> October, 24<sup>th</sup> 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 Lake Farm

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.