

# 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 Bolognaise (g) with Spaghetti (G)  
Halal Lamb Bolognaise (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:

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)

## Vegetables

Sweetcorn Ve & Coleslaw (E) V

## Dessert

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

Margherita Pizza (G,MK) V

Jacket Potato with Tuna Mayonnaise (F,E)

Tuesday

## Main Meals

Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)  
Halal Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)

## 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

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

## 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:

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

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

Turkey Lasagne (G,MK,e) V

## Vegetables

Sweetcorn Ve & Coleslaw (E) V

## Dessert

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

Halal Turkey Lasagne (G,MK,e) V

Vegan Bolognaise (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:

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 Wood End Academy

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.