

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
Margarita Pizza (G,MK) with Potato Salad (E) ✓
Sweet Potato & Vegetable Dhal (g) with Rice ✓
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables
Sweetcorn & Green Beans ✓
Dessert
Cinnamon & Sultana Bread & Butter Pudding (G,SO,MK,E,se) with Custard (MK) ✓

Tuesday

Main Meals
Lamb Burger (SU) in a Bun (G,se) with Oven Baked Wedges
Vegetarian Burger (G) in a Bun (G,se) with Oven Baked Wedges ✓
Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables
Peas ✓ & Coleslaw (E) ✓
Dessert
Marble Sponge (G,E) with Custard (MK) ✓

Wednesday

Main Meals
Roast Chicken Fillets in Tomato Sauce with Roast Potatoes
Chick Pea & Cauliflower Bake with Roast Potatoes ✓
Wholemeal Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables
Carrots & Cabbage ✓
Dessert
Waffles (G,E,SO,mk) with Berry Compote ✓

Thursday

Main Meals
Chicken & Sweetcorn Meatballs with Penne Pasta (G)
Vegan Mince & Vegetable Pie topped with Mashed Potato (SO,g) ✓
Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

Vegetables
Broccoli & Cauliflower ✓
Dessert
Carrot Cake (G,E,mk) ✓

Friday

Main Meals
Oven Baked Fish Fingers (G,F) with Oven Baked Chips
Vegetable Fingers (G) with Oven Baked Chips ✓
Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables
Baked Beans & Peas ✓
Dessert
Pear & Berry Crumble (G) ✓ with Custard (MK) ✓

Freshly Baked Bread:
Pumpkin & Carrot (G,SO,MK,e) ✓ Wholemeal (G,SO,MK,e) ✓

Week 1:
1st Nov, 22nd Nov, 13th Dec, 3rd Jan, 24th Jan, 14th Feb, 7th Mar, 28th Mar

MF Monday

Main Meals
Mac n Cheese (G,MK) with Garlic Bread (G,SO,MK,e) ✓
Vegetable & Bean Stew ✓ with Garlic Bread (G,SO,MK,e) ✓
Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

Vegetables
Broccoli Florets & Carrots ✓
Dessert
Apple & Sultana Crumble (G) ✓ with Custard (MK) ✓

Tuesday

Main Meals
Chicken Fajita with Rice
Vegetable Fajita (G,SO) with Rice ✓
Wholemeal Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables
Green Beans & Sweetcorn ✓
Dessert
Sticky Toffee Pudding with Toffee Sauce (G,MK,E) ✓

Wednesday

Main Meals
Lemon & Thyme Roast Chicken Fillets with Roast Potatoes & Gravy
Sweet Chilli & Vegetable Stirfry Noodles (G,SO,E,MU,SU) ✓
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables
Cauliflower & Peas ✓
Dessert
Orange & Lemon Drizzle Cake (G,E) ✓

Thursday

Main Meals
Chicken & Vegetable Pie (G,MK) with Mashed Potato
Spinach, Courgette & Feta Filo Tart (G,MK) with Mashed Potato ✓
Pasta (G) with Tomato Sauce (g) ✓

Vegetables
Carrots & Cabbage ✓
Dessert
Cherry Cookie (G,SU) ✓

Friday

Main Meals
Battered Fish Fillets (G,F) with Oven Baked Chips
Vegan Bean Burrito (G,SO) with Oven Baked Chips ✓
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables
Baked Beans & Peas ✓
Dessert
Chocolate & Courgette Sponge (G,E,mk) with Chocolate Sauce (MK) ✓

Freshly Baked Bread:
Courgette, Oat & Thyme (G,SO,MK,e) ✓ Wholemeal (G,SO,MK,e) ✓

Week 2:
8th Nov, 29th Nov, 20th Dec, 10th Jan, 31st Jan, 21st Feb, 14th Mar, 4th Apr

MF Monday

Main Meals
Quorn Sausages (G,MK,E) with Potato Wedges ✓
Squash & Butterbean Curry (SU) ✓ with Naan Bread (G,MK) ✓
Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables
Peas & Cauliflower ✓
Dessert
Coconut & Orange Cookie (G,SU,mk) ✓

Tuesday

Main Meals
Turkey Chilli Con Carne (g) with Rice
Vegan Chilli Con Carne (SO,MU,g) with Rice ✓
Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

Vegetables
Sweetcorn & Carrots ✓
Dessert
Banana Flapjack (G) ✓

Wednesday

Main Meals
Herby Roast Chicken Fillets with Roast Potatoes & Gravy
Vegan Sausage Loaf (G,SO,se) with Roast Potatoes & Gravy ✓
Wholemeal Pasta (G) with Creamy Chicken (G,MK) or Cheese Sauce (G,MK) ✓

Vegetables
Green Cabbage & Roasted Root Vegetables ✓
Dessert
Maryland Sultana Cookie (G,mk) ✓

Thursday

Main Meals
Turkey Vegetable Casserole with Pasta (G)
Roasted Ratatouille Pasta Bake (G,MK) ✓
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables
Green Beans & Carrots ✓
Dessert
Vanilla Shortbread (G) ✓ with Homemade Lemon Curd (E) ✓

Friday

Main Meals
Oven Baked Fish Fingers (G,F) with Oven Baked Chips
Spinach & Tomato Pastry Pocket (G,MK) with Oven Baked Chips ✓
Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables
Baked Beans & Peas ✓
Dessert
Chocolate & Beetroot Brownie (G,E) ✓

Freshly Baked Bread:
Sunflower, Rosemary & Tomato (G,SO,MK,e) ✓ Wholemeal (G,SO,MK,e) ✓

Week 3:
15th Nov, 6th Dec, 27th Dec, 17th Jan, 7th Feb, 28th Feb, 21st Mar

✓ - 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), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM3
Available Every Day
Fresh Fruit Platter ✓
Homemade Fruit Yoghurt (SO,MK) ✓
November 2021
pabulummm
HONESTLY GOOD FOOD