

MADE FRESH EVERY DAY

Meat Free Monday

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

WEEK 1:

3RD SEPT, 24TH SEPT, 15TH OCT

Meat Free Monday

Bolognese Sauce & Herby Spaghetti (G,mk) ✓
Sweetcorn & Pepper Pizza (G,MK) with Homemade Potato Wedges ✓
Broccoli & Carrots ✓
Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)
Apple Crumble (G,mk) with Custard (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

Tuesday

Chicken Curry (MU) with Yellow Rice
Lentil, Spinach & Sweet Potato Balti (g) with Yellow Rice ✓
Sweetcorn & Seasonal Cabbage ✓
Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) ✓
Raspberry Ripple Ice Cream (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

Wednesday

Roast Pork & Apple Sauce with Roast Potatoes
Vegetarian Sausage Casserole (G,SO,SU) with Fusilli Pasta Twists (G) ✓
Seasonal Roasted Vegetables & Garden Peas ✓
Wholemeal Pasta (G) with Beef Bolognese Sauce
Rhubarb & Apple Pie (G,MK) with Custard (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

Thursday

Chicken & Sweetcorn Pie (G,MK) with Mashed Potato (MK) & Gravy
Vegetarian Pie (G,MK) with Mashed Potato (MK) & Gravy ✓
Carrots & Broccoli ✓
Jacket Potato with Baked Beans & Grated Cheese (MK) ✓
Pineapple Upside Down Cake (G,E,mk,SU) with Custard (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

Friday

Fish Fingers (G,F) with Chips
Spicy Vegetable Wrap (G,SE) with Chips ✓
Baked Beans & Garden Peas ✓
Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)
Chocolate Brownie (G,E,mk) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO) ✓

WEEK 2:

10TH SEPT, 1ST OCT

Meat Free Monday

Macaroni Cheese (G,MK) ✓
Enchiladas (G,E,MK) with Homemade Potato Wedges ✓
Garden Peas & Sweetcorn ✓
Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)
Warm Waffle (G,E,SO,MK) with Chocolate Custard (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

Tuesday

Chinese Style Pork (G,SO,c,mu) Wraps with Noodles (G,E,SO)
Chinese Style Vegetable & Quorn (G,E,SO,c,mu) with Noodles (G,E,SO) ✓
Green Beans & Sweetcorn ✓
Pasta (G) with Beef Bolognese Sauce
Homemade Jammy Dodger Ice Cream (G,MK,SU) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

Wednesday

Roast Chicken & Stuffing (G) with Roasted New Potatoes
Vegetable & Butter Bean Stew with Rice ✓
Seasonal Roasted Vegetables & Cabbage ✓
Wholemeal Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) ✓
Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

Thursday

Cottage Pie (MK) with Gravy
Lentil & Vegetable Pie (G,MK) with Mashed Potato (MK) & Gravy ✓
Carrots & Sweetcorn ✓
Jacket Potato with Baked Beans & Grated Cheese (MK) ✓
Apple & Berry Fruit Crumble (G,mk) with Custard (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

Friday

Fish (G,F) with Chips
Mozzarella & Tomato Pizza (G,MK) with Chips ✓
Baked Beans & Garden Peas ✓
Jacket Potato with Baked Beans, Salmon Mayonnaise (E,F) Grated Cheese (MK)
Maryland Cookie (G,mk) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO) ✓

WEEK 3:

27TH AUG, 17TH SEPT, 8TH OCT

Meat Free Monday

Baked Lasagne (G,MK) with Garlic Bread (G,e,SO,mk) ✓
Cheese & Pepper Quiche (G,E,MK) with Homemade Potato Wedges ✓
Sweetcorn & Carrots ✓
Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)
Jam Sponge (G,E,mk,SU) with Custard (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

Tuesday

BBQ Pulled Chicken (G,SO) with Warm New Potato Salad (E,MK)
BBQ Pulled Carrot & Beans in a Bun (G,se) ✓
Garden Peas & Carrots ✓
Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) ✓
Raspberry Ripple Ice Cream (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

Wednesday

Roast Beef & Yorkshire Pudding (G,E,MK) with Roast Potatoes
Sweet Potato & Chickpea Curry (MU) with Rice ✓
Seasonal Roasted Vegetables & Garden Peas ✓
Wholemeal Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) ✓
Syrup Sponge (G,E,mk) with Custard (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

Thursday

Sausages (G,e,so,mk,mu,SU) with Mashed Potato (MK) & Onion Gravy
Quorn & Sweetcorn Pie (G,E,MK) with Onion Gravy ✓
Green Beans & Cauliflower ✓
Jacket Potato with Baked Beans & Grated Cheese (MK) ✓
Bread & Butter Pudding (G,E,MK,se,SO) with Custard (MK) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

Friday

Fish Fingers (G,F) with Chips
Vegetarian Burger (G,E,se) with Chips ✓
Baked Beans & Garden Peas ✓
Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)
Shortbread Biscuit (G,mk) ✓
Fresh Fruit Platter, Fresh Yoghurt (MK,SO) ✓

ALLERGEN KEY:

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)

MAY CONTAINS ARE SPECIFIED BY lower case letters.

✓ - SUITABLE FOR VEGETARIANS