

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

Monday
Main Meals
 Margarita Pizza (G,MK) with Potato Salad (E) V
 Sweet Potato & Vegetable Dhal (g) with Rice Ve
 Jacket Potato with Baked Beans Ve or Cheese (MK) V
Vegetables
 Sweetcorn & Green Beans Ve
Dessert
 Maryland Cookie (G,mk) V

Tuesday
Main Meals
 Beef Burger in a Bun (G,se) with Oven Baked Wedges
 Vegetarian Burger (G) in a Bun (G,se) with Oven Baked Wedges Ve
 Pasta (G) with Tomato & Basil Sauce (g) Ve
Vegetables
 Peas Ve & Coleslaw (E) V
Dessert
 Marble Sponge (G,E) with Custard (MK) V

Wednesday
Main Meals
 Roast Chicken Fillets in Tomato Sauce with Roast Potatoes
 Chick Pea & Cauliflower Bake with Roast Potatoes Ve
 Wholemeal Pasta (G) with Cheese Sauce (G,MK) V
Vegetables
 Carrots & Cabbage Ve
Dessert
 Waffles (G,E,SO,mk) with Berry Compote V

Thursday
Main Meals
 Sausages (G,SU) with Mashed Potato & Gravy
 Vegan Sausage (G,C) with Mashed Potato & Gravy Ve
 Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) V
Vegetables
 Broccoli & Sweetcorn Ve
Dessert
 Carrot Cake (G,E,mk) V

Friday
Main Meals
 Oven Baked Fish Fingers (G,F) with Oven Baked Chips
 Vegetable Fingers (G) with Oven Baked Chips Ve
 Pasta (G) with Tomato & Basil Sauce (g) Ve
Vegetables
 Baked Beans & Peas Ve
Dessert
 Pear & Berry Crumble (G) Ve with Custard (MK) V

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

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

Monday
Main Meals
 Mac n Cheese (G,MK) with Garlic Bread (G,SO,MK,e) V
 Vegetable & Bean Stew Ve with Garlic Bread (G,SO,MK,e) V
 Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) V
Vegetables
 Broccoli Florets & Carrots Ve
Dessert
 Apple & Sultana Crumble (G) Ve with Custard (MK) V

Tuesday
Main Meals
 Chicken Fajita with Rice
 Vegetable Fajita (G,SO) with Rice Ve
 Wholemeal Pasta (G) with Cheese Sauce (G,MK) V
Vegetables
 Green Beans & Sweetcorn Ve
Dessert
 Sticky Toffee Pudding with Toffee Sauce (G,MK,E) V

Wednesday
Main Meals
 Honey Roast Gammon with Roast Potatoes & Gravy
 Sweet Chilli & Vegetable Stirfry Noodles (G,SO,E,MU,SU) V
 Jacket Potato with Baked Beans Ve or Cheese (MK) V
Vegetables
 Cauliflower & Peas Ve
Dessert
 Orange & Lemon Drizzle Cake (G,E) V

Thursday
Main Meals
 Sweet Potato Topped Cottage Pie
 Spinach, Courgette & Feta Filo Tart (G,MK) with Mashed Potato V
 Pasta (G) with Tomato Sauce (g) Ve
Vegetables
 Carrots & Cabbage Ve
Dessert
 Cherry Cookie (G,SU) Ve

Friday
Main Meals
 Battered Fish Fillets (G,F) with Oven Baked Chips
 Vegan Bean Burrito (G,SO) with Oven Baked Chips Ve
 Jacket Potato with Baked Beans Ve or Cheese (MK) V
Vegetables
 Baked Beans & Peas Ve
Dessert
 Chocolate & Courgette Sponge (G,E,mk) with Chocolate Sauce (MK) V

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

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

Monday
Main Meals
 Quorn Sausages (G,MK,E) with Potato Wedges V
 Squash & Butterbean Curry (SU) Ve with Naan Bread (G,MK) V
 Pasta (G) with Tomato & Basil Sauce (g) Ve
Vegetables
 Peas & Cauliflower Ve
Dessert
 Coconut & Orange Cookie (G,SU,mk) V

Tuesday
Main Meals
 Beef Lasagne (G,MK,e)
 Vegetable Lasagne (G,MK,e) V
 Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) V
Vegetables
 Sweetcorn & Carrots Ve
Dessert
 Banana Flapjack (G) Ve

Wednesday
Main Meals
 Herby Roast Chicken Fillets with Roast Potatoes & Gravy
 Vegan Sausage Loaf (G,SO,se) with Roast Potatoes & Gravy Ve
 Wholemeal Pasta (G) with Creamy Salmon (G,F,MK) or Cheese Sauce (G,MK) V
Vegetables
 Green Cabbage & Roasted Root Vegetables Ve
Dessert
 Cinnamon & Sultana Bread & Butter Pudding (G,SO,MK,E,se) with Custard (MK) V

Thursday
Main Meals
 Turkey Vegetable Casserole with Pasta (G)
 Roasted Ratatouille Pasta Bake (G,MK) V
 Jacket Potato with Baked Beans Ve or Cheese (MK) V
Vegetables
 Green Beans & Carrots Ve
Dessert
 Vanilla Shortbread (G) Ve with Homemade Lemon Curd (E) V

Friday
Main Meals
 Oven Baked Fish Fingers (G,F) with Oven Baked Chips
 Spinach & Tomato Pastry Pocket (G,MK) with Oven Baked Chips V
 Pasta (G) with Cheese Sauce (G,MK) V
Vegetables
 Baked Beans & Peas Ve
Dessert
 Chocolate & Beetroot Brownie (G,E) V

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

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

V - Suitable for vegetarians
 Ve - Suitable for vegans & vegetarians

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)

BM1PortersGrange
 Available Every Day
 Fresh Fruit Platter Ve
 Homemade Fruit Yoghurt (SO,MK) V

November 2021

pabulummm
 HONESTLY GOOD FOOD

All products are subject to availability.