

# 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](http://www.schoolfoodplan.com)

**MF Monday**

**Main Meals**  
Roasted Vegetable & Bean Hotpot **Ve**  
Sweetcorn & Courgette Fritter (G,E) with Side Salad **V**  
Pasta (G) with Cheese & Chive Sauce (G,MK) **V**

**Vegetables**  
Peas **Ve**

**Dessert**  
Apple & Cinnamon Sponge (G,E) with Custard (MK) **V**

**Tuesday**

**Main Meals**  
Beef Lasagne (G,MK,e)  
Squash & Lentil Curry (MU,g) with Steamed Rice **Ve**  
Jacket Potato with Cheese (MK) **V** or Salmon Mayonnaise (F,E)

**Vegetables**  
Chinese Cabbage **Ve**

**Dessert**  
Strawberry Cheesecake (G,MK,so,e) **V**

**Wednesday**

**Main Meals**  
Roast Chicken Fillets with Roast Potatoes & Gravy  
Vegan Cornish Pasty (G,SO) with Roast Potatoes **Ve**  
Pasta (G) with Roasted Tomato & Pepper Sauce **Ve**

**Vegetables**  
Green Cabbage & Carrots **Ve**

**Dessert**  
Chocolate Sponge (G,E) & Chocolate Sauce (MK) **V**

**Thursday**

**Main Meals**  
Cumberland Sausage (G,SU) with Mash (MK) & Gravy  
Potato Crust Cheese & Tomato Quiche (MK,E) with Side Salad **V**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

**Vegetables**  
Green Beans & Cauliflower **Ve**

**Dessert**  
Fruit Burst Jelly **V**

**Friday**

**Main Meals**  
Fish Finger (G,F) Bap (G,se) with Homemade Tartare Sauce (G,E,SU) & Side Salad  
Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup (G) & Side Salad **Ve**  
Pasta (G) with Creamy Mushroom Sauce (G,MK) **V**

**Vegetables**  
Baked Beans & Sweetcorn **Ve**

**Dessert**  
Chocolate & Orange Cookie (G,mk) **V**

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

**Week 1:**  
12<sup>th</sup> Apr, 3<sup>rd</sup> May, 24<sup>th</sup> May, 14<sup>th</sup> Jun, 5<sup>th</sup> Jul, 26<sup>th</sup> Jul, 30<sup>th</sup> Aug, 20<sup>th</sup> Sep, 11<sup>th</sup> Oct

**MF Monday**

**Main Meals**  
Cauliflower Macaroni & Cheese (G,MK) with Homemade Garlic Bread (G,SO,MK,e) **V**  
Tofu Sweet & Sour Mixed Vegetables (G,SO) with Steamed Rice **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

**Vegetables**  
Green Beans **Ve**

**Dessert**  
Coconut & Jam Sponge (G,E,SU) with Custard (MK) **V**

**Tuesday**

**Main Meals**  
Beef & Broccoli Stir Fry (G,SO) with Egg Noodles (G,E) or Rice  
Vegan Chilli Con Carne (SO) served with Baked Potato **Ve**  
Pasta (G) with Spinach & Onion Sauce (G,MK) **V**

**Vegetables**  
Sweetcorn **Ve**

**Dessert**  
Berry Crumble Slice (G) **Ve**

**Wednesday**

**Main Meals**  
Roast Gammon with Roast Potatoes & Gravy  
Potato & Leek Frittata (MK,E) **V**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

**Vegetables**  
Roasted Butternut Squash & Kale **Ve**

**Dessert**  
Orange & Poppy Seed Sponge (G,E) **V**

**Thursday**

**Main Meals**  
Beef Burger in a Bun (G,se) with Potato Salad (E)  
Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) **V**  
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

**Vegetables**  
Carrots & Cauliflower **Ve**

**Dessert**  
Cherry Cookie (G,SU) **Ve**

**Friday**

**Main Meals**  
Oven Baked Battered Fish (G,F) with Baked Chips  
Roasted Vegetable & Chick Pea Wrap (G,MK) **V**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

**Vegetables**  
Baked Beans & Garden Peas **Ve**

**Dessert**  
Vanilla & Sultana Sponge (G,E) with Custard (MK) **V**

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

**Week 2:**  
19<sup>th</sup> Apr, 10<sup>th</sup> May, 31<sup>st</sup> May, 21<sup>st</sup> Jun, 12<sup>th</sup> Jul, 6<sup>th</sup> Sep, 27<sup>th</sup> Sep, 18<sup>th</sup> Oct

**MF Monday**

**Main Meals**  
Chick Pea & Vegetable Curry with Rice **Ve**  
Homemade Vegan Burger (G,se) with Baked Sweet Potato **Ve**  
Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

**Vegetables**  
Broccoli Florets **Ve**

**Dessert**  
Carrot & Apple Flapjack (G) **V**

**Tuesday**

**Main Meals**  
Spaghetti (G) Bolognese  
Carrot & Pea Risotto **Ve**  
Jacket Potato with Baked Beans **Ve** Cheese (MK) **V**, or Bolognese

**Vegetables**  
Carrots & Peas **Ve**

**Dessert**  
Lemon Drizzle Cake (G,E,SU) **V**

**Wednesday**

**Main Meals**  
Roast Turkey with Roast Potatoes & Gravy  
Lentil & Bean Vegan Loaf (G,SO,se) with Roast Potatoes & Gravy **Ve**  
Wholewheat Pasta (G) with Cheese & Leek Sauce (G,MK) **V**

**Vegetables**  
Green Cabbage & Roast Carrots **Ve**

**Dessert**  
Banana & Sultana Cake (G,E) with Custard (MK) **V**

**Thursday**

**Main Meals**  
Sweet & Sour Chicken (G) with Steamed Rice  
Margherita Pizza (G,MK) with Potato Salad (E) **V**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

**Vegetables**  
Sweetcorn **Ve**

**Dessert**  
Chilled Rice Pudding with Berry Compote (MK) **V**

**Friday**

**Main Meals**  
Fish Fingers (G,F) with Oven Baked Chips  
Vegetable & Lentil Croquette (G,SO,se) with Oven Baked Chips **Ve**  
Pasta (G) with Lentil & Bean Sauce (g) **Ve**

**Vegetables**  
Baked Beans & Garden Peas **Ve**

**Dessert**  
Chocolate & Raisin Shortbread (G) **Ve**

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

**Week 3:**  
26<sup>th</sup> Apr, 17<sup>th</sup> May, 7<sup>th</sup> Jun, 28<sup>th</sup> Jun, 19<sup>th</sup> Jul, 13<sup>th</sup> Sep, 4<sup>th</sup> Oct

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

BM1Purfleet  
Available Every Day  
Fresh Fruit Platter **Ve**  
Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

April 2021

**pabulum**  
HONESTLY GOOD FOOD

All products are subject to availability.