

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) 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
Cinnamon & Sultana Bread & Butter Pudding (G,SO,MK,E,se) with Custard (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
Bombay Potato Buritto (G,MU) 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

MF 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 Korma (SO,MK,g) with Rice
Vegetable Lasagne (G,MK,e) V
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
Traditional Beef Bolognese with Spaghetti (G)
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

MF 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 Chilli Con Carne (g) with Rice
Butternut Squash Tagine (g) with Cous Cous (G,so) Ve
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
Maryland Sultana Cookie (G,mk) V

Thursday

Main Meals
Chicken & Vegetable Pie (G,MK) with Mashed Potato
Vegan Bolognese (SO) with Spaghetti (G) Ve
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

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)

BM1Purfleet
Available Every Day
Fresh Fruit Platter Ve
Homemade Fruit Yoghurt (SO,MK) V
November 2021
pabulummm
HONESTLY GOOD FOOD