

# Let's see what's for lunch...

Monday

## Main Meals

Sausage (G,SU) & Mash with Onion Gravy  
Tex Mex Vegetarian Sausage Hot Pot (G,E,MK) **V**  
Pasta (G) with Cheese Sauce (G,MK) **V**

## Vegetables

Sweetcorn & Peas **Ve**

## Dessert

Vanilla Ice Cream (MK) with Fruit Compote **V**

Tuesday

## Main Meals

Mild Chicken & Vegetable Curry (MU) with Steamed Rice  
Thai Vegetable Green Curry (C) with Steamed Rice **Ve**  
Jacket Potato with Baked Beans **Ve**

## Vegetables

Cauliflower & Green Beans **Ve**

## Dessert

Fruit Burst Jelly **Ve**

Wednesday

## Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy **Ve**  
Wholegrain Pasta (G) with Tomato Sauce (C) **Ve**

## Vegetables

Seasonal Greens & Carrots **Ve**

## Dessert

Apple & Oaty Topped Crumble (G) **Ve** with Custard (MK) **V**

Thursday

## Main Meals

Beef Bolognese (C) with Spaghetti (G)  
Homemade Vegan Burger (g) in a Bun (G,se) **Ve**  
Jacket Potato with Cheese (MK) **V**

## Vegetables

Broccoli & Sweetcorn **Ve**

## Dessert

Chocolate & Beetroot Brownie (G,E) **V**

Friday

## Main Meals

Fish Fingers (G,F) with Oven Baked Chips  
Vegetable Burrito Wrap (G,SO) **Ve**  
Pasta (G) with Tomato Sauce (C) **Ve**

## Vegetables

Peas & Baked Beans **Ve**

## Dessert

Maryland Cookie (G,mk) **V**

### Freshly Baked Bread:

Garlic & Herb Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

### Week 1:

19<sup>th</sup> April, 9<sup>th</sup> May, 6<sup>th</sup> June, 27<sup>th</sup> June, 18<sup>th</sup> July, 30<sup>th</sup> August, 19<sup>th</sup> September, 10<sup>th</sup> October, 31<sup>st</sup> October

Monday

## Main Meals

BBQ Chicken Pizza (G,MK)  
Margherita Pizza (G,MK) **V**  
Jacket Potato with Tuna Mayonnaise (F,E)

## Vegetables

Sweetcorn **Ve** & Coleslaw (E) **V**

## Dessert

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

Tuesday

## Main Meals

Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)  
Sweet & Sour Vegetables (G,C) with Steamed Rice **Ve**  
Wholegrain Pasta (G) with Tomato Sauce (C) **Ve**

## Vegetables

Cauliflower & Peas **Ve**

## Dessert

Oat & Cherry Cookie (G,SU) **Ve**

Wednesday

## Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy **V**  
Pasta (G) with Cheese Sauce (G,MK) **V**

## Vegetables

Seasonal Greens & Carrots **Ve**

## Dessert

Banana Flapjack (G) **Ve**

Thursday

## Main Meals

Beef & Bean Chilli (C,g) with Rice  
Vegan Chilli Con Carne (SO,C,g) with Rice **Ve**  
Jacket Potato with Baked Beans **Ve**

## Vegetables

Broccoli & Sweetcorn **Ve**

## Dessert

Apple & Parsnip Sponge (G,E) **V**

Friday

## Main Meals

Battered Fish (G,F) with Oven Baked Chips  
Vegetable Goujon with Oven Baked Chips **Ve**  
Pasta (G) with Roasted Tomato Sauce **Ve**

## Vegetables

Baked Beans & Peas **Ve**

## Dessert

Vanilla Ice Cream (MK) with Peach Compote **V**

### Freshly Baked Bread:

Carrot & Thyme Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

### Week 2:

25<sup>th</sup> April, 16<sup>th</sup> May, 13<sup>th</sup> June, 4<sup>th</sup> July, 5<sup>th</sup> September, 26<sup>th</sup> September, 17<sup>th</sup> October

Monday

## Main Meals

Cottage Pie topped with Sliced Sweet Potato (SU)  
Macaroni & Cheese (G,MK) **V**  
Jacket Potato with Baked Beans **Ve**

## Vegetables

Peas & Carrots **Ve**

## Dessert

Sticky Banana Bread (G,SO,MK,e) **V**

Tuesday

## Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)  
Vegetable Jambalaya (g) **Ve**  
Jacket Potato with Salmon Mayonnaise (F,E)

## Vegetables

Cauliflower & Broccoli **Ve**

## Dessert

Chocolate Shortbread (G) **Ve**

Wednesday

## Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy  
Roasted Ratatouille with Crumble (G) **Ve**  
Wholegrain Pasta (G) with Cheese Sauce (G,MK) **V**

## Vegetables

Seasonal Greens & Mashed Swede **Ve**

## Dessert

Mandarin Jelly **Ve**

Thursday

## Main Meals

Beef Burger in a Bun (G,se)  
Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**  
Jacket Potato with Baked Beans **Ve**

## Vegetables

Sweetcorn **Ve** & Coleslaw (E) **V**

## Dessert

Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) **V**

Friday

## Main Meals

Fish Fingers (G,F) with Oven Baked Chips  
BBQ Vegetable Quesadilla (G,MK) **V**  
Pasta (G) with Tomato Sauce (C) **Ve**

## Vegetables

Baked Beans & Peas **Ve**

## Dessert

Chocolate Mousse (MK) **V**

### Freshly Baked Bread:

Tomato & Herb Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

### Week 3:

3<sup>rd</sup> May, 23<sup>rd</sup> May, 20<sup>th</sup> June, 11<sup>th</sup> July, 12<sup>th</sup> September, 3<sup>rd</sup> October, 24<sup>th</sup> October

**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)

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Available Every Day

Fresh Fruit Platter **Ve**

Homemade Fruit Yoghurt (SO,MK) **V**

April 2022

**pabulummm**  
HONESTLY GOOD FOOD