

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

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

Monday	Main Meals	Macaroni Cheese with Crispy Ciabatta & Herb Crumb (G,SO,MK,e) V
	Vegetables	Carrots & Green Beans Ve
	Dessert	Chocolate & Beetroot Sponge (G,E) V
		Roasted Squash & Basil Risotto Ve
		Jacket Potato with choice of toppings V

Tuesday	Main Meals	Chicken Tikka Masala (MU) with Rice
	Vegetables	Lentil Dhal (g) & Broccoli Ve
	Dessert	Courgette & Orange Cake (G,E) V
		Chargrilled Vegetable Quesadilla (G,MU) with Rice Ve
		Pasta (G) with a choice of toppings V

Wednesday	Main Meals	Gammon with Orange & Herb Glaze served with Roasted Potatoes & Gravy
	Vegetables	Green Cabbage & Carrots Ve
	Dessert	Ice Cream (MK) with Fruit V
		Spiced Moroccan Chickpea Curry with Lemon Couscous (G,SU,so) Ve
		Jacket Potato with choice of toppings V

Thursday	Main Meals	Beef Burger in a Bun (G,se)
	Vegetables	Sweetcorn & Coleslaw (G,MU) Ve
	Dessert	Apple & Oat Crumble (G) V
		Crispy Chickpea Burger in a Bun (G,MU,se) Ve
		Pasta (G) with a choice of toppings V

Friday	Main Meals	Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips
	Vegetables	Baked Beans & Peas Ve
	Dessert	Chocolate & Carrot Brownie (G,E) V
		Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla (G,MU) & Chips Ve
		Jacket Potato with choice of toppings V

Freshly Baked Bread - Pumpkin & Carrot (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V
Jacket Potato Toppings - Baked Beans Ve or Grated Cheese (MK) V
Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) Ve or Cheddar Cheese (MK) V

Week 1: 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar

Monday	Main Meals	Margherita Pizza (G,MK) V
	Vegetables	Coleslaw (G,MU) & Carrots Ve
	Dessert	Sticky Toffee Pudding (G,MK,E) V
		Mexican 5 Bean & Vegetable Tostada with Pomegranate (G,MU) Ve
		Jacket Potato with choice of toppings V

Tuesday	Main Meals	Classic Spaghetti (G) Beef Bolognese (g)
	Vegetables	Peas & Cauliflower Ve
	Dessert	Carrot & Ginger Sponge (G,E) V
		Sweet Potato Topped Vegetable Pie (g) Ve
		Pasta (G) with a choice of toppings V

Wednesday	Main Meals	Herby Chicken Breast with Roasted New Potatoes, Stuffing (G) & Gravy
	Vegetables	Carrots & Green Cabbage Ve
	Dessert	Chocolate Orange Cheesecake (G,MK) V
		Mediterranean Vegetable Tart (G) Ve
		Jacket Potato with choice of toppings V

Thursday	Main Meals	Cumberland Sausages (G,SU) with Mashed Potatoes (MK) & Onion Gravy
	Vegetables	Roasted Seasonal Vegetables & Sweetcorn Ve
	Dessert	Peach Sponge Cake (G,E) V
		Vegetarian Sausages (G,SO,C,SU) with Steamed New Potatoes Ve
		Pasta (G) with a choice of toppings V

Friday	Main Meals	Battered Fish (G,F) with Homemade Tomato Ketchup (G) or Salmon Fishcake in a Bun (G,F,se) & Chips
	Vegetables	Baked Beans & Peas Ve
	Dessert	Banana Flapjack (G) Ve
		Falafel & Carrot Wrap with Salsa (G,SU) & Chips Ve
		Jacket Potato with choice of toppings V

Freshly Baked Bread - Courgette, Oat & Thyme (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V
Jacket Potato Toppings - Baked Beans Ve or Grated Cheese (MK) V
Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) Ve or Cheddar Cheese (MK) V

Week 2: 11th Jan, 1st Feb, 22nd Feb, 15th Mar

Monday	Main Meals	Roasted Tomato & Vegetable Cheesy Pasta (G,MK) V
	Vegetables	Broccoli & Mixed Salad Ve
	Dessert	Caramelised Pineapple Sponge (G,E) V
		Jackfruit Katsu Curry with Rice Ve
		Jacket Potato with choice of toppings V

Tuesday	Main Meals	Mild Jerk Chicken with Rice & Peas
	Vegetables	Sweetcorn Ve
	Dessert	Apple Pie Cinnamon Roll (G,SO,MK,e) V
		Vegetarian Spicy Special Fried Rice (G,SO) Ve
		Pasta (G) with a choice of toppings V

Wednesday	Main Meals	Roast Chicken served with Roasted Potatoes & Gravy
	Vegetables	Cauliflower & Peas Ve
	Dessert	Ice Cream (MK) with Fruit V
		Tofu & Vegetable Noodle Stir Fry (SO) Ve
		Jacket Potato with choice of toppings V

Thursday	Main Meals	Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce (G) with Noodles (G,E)
	Vegetables	Green Beans Ve
	Dessert	Chocolate Shortbread Biscuit (G) Ve
		Pitta Pizza topped with Houmous & Roasted Vegetables (G,SU) Ve
		Pasta (G) with a choice of toppings V

Friday	Main Meals	Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips
	Vegetables	Baked Beans & Peas Ve
	Dessert	Lemon Drizzle Cake (G,E,SU) V
		Homemade Crispy Vegetable Nuggets (G,MU) with Chips Ve
		Jacket Potato with choice of toppings V

Freshly Baked Bread - Sunflower, Rosemary & Tomato (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V
Jacket Potato Toppings - Baked Beans Ve or Grated Cheese (MK) V
Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) Ve or Cheddar Cheese (MK) V

Week 3: 18th Jan, 8th Feb, 1st Mar, 22nd 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), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM1
 Available Every Day
 Fresh Fruit Platter Ve
 Fresh Natural Yoghurt (SO,MK) with Fruit Puree V
 January 2021
pabulum
 HONESTLY GOOD FOOD

All products are subject to availability.