

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
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) **V**

Tuesday

Main Meals
Beef & Broccoli Stir Fry (G,SO) with Rice
Squash & Lentil Curry (MU,g) with Steamed Rice **Ve**
Jacket Potato with Baked Beans **Ve**, Salad **Ve** or Salmon Mayonnaise (F,E)

Vegetables
Chinese Cabbage **Ve**

Dessert
Fresh Fruit **Ve**

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) **V**

Thursday

Main Meals
Cumberland Sausage (G,SU) with Mash (MK)
Vegetarian Sausage (G,C) with Mash (MK) **V**
Jacket Potato with Baked Beans or Salad **Ve**

Vegetables
Green Beans & Cauliflower **Ve**

Dessert
Fresh Fruit **V**

Friday

Main Meals
Fish Fingers (G,F) with Oven Baked Chips
Vegetarian Fingers (G) with Oven Baked Chips **Ve**
Pasta (G) with Creamy Mushroom Sauce (G,MK) **V**

Vegetables
Baked Beans **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:
12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th 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 or Salad **Ve**

Vegetables
Green Beans **Ve**

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

Tuesday

Main Meals
Beef & Bean Chilli Con Carne (g) served with Baked Potato
Vegan Chilli Con Carne (SO) served with Baked Potato **Ve**
Pasta (G) with Spinach & Onion Sauce (G,MK) **V**

Vegetables
Sweetcorn **Ve**

Dessert
Fresh Fruit **Ve**

Wednesday

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

Vegetables
Kale **Ve**

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

Thursday

Main Meals
Chicken & Vegetable Curry (MU) with Steamed Rice
Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) **V**
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables
Carrots **Ve**

Dessert
Fresh Fruit **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 or Salad **Ve**

Vegetables
Baked Beans **Ve**

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

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

Week 2:
19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th 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 or Salad **Ve**

Vegetables
Peas **Ve**

Dessert
Fresh Fruit **Ve**

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
Roast Carrots **Ve**

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

Thursday

Main Meals
Creamy Chicken & Vegetables (G,MK) with Pasta (G)
Margherita Pizza (G,MK) with Salad **V**
Jacket Potato with Baked Beans or Salad **Ve**

Vegetables
Sweetcorn **Ve**

Dessert
Fresh Fruit **Ve**

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 **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:
26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th 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)

All products are subject to availability.