

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

Monday

Main Meals

Chicken & Pesto Pasta Bake (G,MK)
Margarita Pizza (G,MK) with Potato Salad (E) ✓
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables

Sweetcorn & Green Beans ✓

Dessert

Cinnamon & Sultana Bread & Butter Pudding (G,SO,MK,E,se) ✓

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 ✓
Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables

Peas ✓ & Coleslaw (E) ✓

Dessert

Marble Sponge (G,E) with Custard (MK) ✓

Wednesday

Main Meals

Roast Chicken Fillets with Roast Potatoes & Gravy
Roast Quorn Fillet (E) with Roast Potatoes & Gravy ✓
Wholemeal Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables

Carrots & Cabbage ✓

Dessert

Waffles (G,E,SO,mk) with Berry Compote ✓

Thursday

Main Meals

Sausages (G,SU) with Mashed Potato & Gravy
Vegan Sausage (G,C) with Mashed Potato & Gravy ✓
Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

Vegetables

Broccoli & Sweetcorn ✓

Dessert

Carrot Cake (G,E,mk) ✓

Friday

Main Meals

Oven Baked Fish Fingers (G,F) with Oven Baked Chips
Vegetable Fingers (G) with Oven Baked Chips ✓
Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables

Baked Beans & Peas ✓

Dessert

Pear & Berry Crumble (G) ✓

Freshly Baked Bread:

Pumpkin & Carrot (G,SO,MK,e) ✓ Wholemeal (G,SO,MK,e) ✓

Week 1:

1st Nov, 22nd Nov, 13th Dec, 3rd Jan, 24th Jan, 14th Feb, 7th Mar, 28th Mar

Monday

Main Meals

Ham & Leek Mac n Cheese (G,MK)
Vegetable & Bean Stew ✓ with Garlic Bread (G,SO,MK,e) ✓
Jacket Potato with Tuna Mayonnaise (F,E) or Cheese (MK) ✓

Vegetables

Broccoli Florets & Carrots ✓

Dessert

Apple & Sultana Crumble (G) ✓

Tuesday

Main Meals

Beef Lasagne (G,MK,e)
Vegetable Lasagne (G,MK,e) ✓
Wholemeal Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables

Green Beans & Sweetcorn ✓

Dessert

Fruit Jelly (mk) ✓

Wednesday

Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy
Roast Quorn Fillet (E) with Roast Potatoes & Gravy ✓
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables

Cauliflower & Peas ✓

Dessert

Lemon Drizzle Cake (G,E) ✓

Thursday

Main Meals

Traditional Beef Bolognese with Spaghetti (G)
Vegan Bolognese (SO) with Spaghetti (G) ✓
Pasta (G) with Tomato Sauce (g) ✓

Vegetables

Carrots & Cabbage ✓

Dessert

Cherry Cookie (G,SU) ✓

Friday

Main Meals

Battered Fish Fillets (G,F) with Oven Baked Chips
Vegan Bean Burrito (G,SO) with Oven Baked Chips ✓
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables

Baked Beans & Peas ✓

Dessert

Chocolate & Courgette Sponge (G,E,mk) ✓

Freshly Baked Bread:

Courgette, Oat & Thyme (G,SO,MK,e) ✓ Wholemeal (G,SO,MK,e) ✓

Week 2:

8th Nov, 29th Nov, 20th Dec, 10th Jan, 31st Jan, 21st Feb, 14th Mar, 4th Apr

Monday

Main Meals

Chicken & Vegetable Curry (MU)
Quorn Sausages (G,MK,E) with Potato Wedges ✓
Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables

Peas & Cauliflower ✓

Dessert

Chocolate Shortbread (G) ✓

Tuesday

Main Meals

Beef Chilli Con Carne (g) with Rice
Vegan Chilli Con Carne (SO,MU,g) with Rice ✓
Jacket Potato with Salmon Mayonnaise (F,E) or Cheese (MK) ✓

Vegetables

Sweetcorn & Carrots ✓

Dessert

Banana Flapjack (G) ✓

Wednesday

Main Meals

Herby Roast Chicken Fillets with Roast Potatoes & Gravy
Vegan Sausage Loaf (G,SO,se) with Roast Potatoes & Gravy ✓
Wholemeal Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables

Green Cabbage & Roasted Root Vegetables ✓

Dessert

Maryland Sultana Cookie (G,mk) ✓

Thursday

Main Meals

Turkey Vegetable Casserole with Pasta (G)
Roasted Ratatouille Pasta Bake (G,MK) ✓
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables

Green Beans & Carrots ✓

Dessert

Vanilla Shortbread (G) ✓

Friday

Main Meals

Oven Baked Fish Fingers (G,F) with Oven Baked Chips
Spinach & Tomato Pastry Pocket (G,MK) with Oven Baked Chips ✓
Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables

Baked Beans & Peas ✓

Dessert

Chocolate & Beetroot Brownie (G,E) ✓

Freshly Baked Bread:

Sunflower, Rosemary & Tomato (G,SO,MK,e) ✓ Wholemeal (G,SO,MK,e) ✓

Week 3:

15th Nov, 6th Dec, 27th Dec, 17th Jan, 7th Feb, 28th Feb, 21st Mar

✓ - Suitable for vegetarians
✓ - 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), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM1Perryfields

Available Every Day

Fresh Fruit Platter ✓

November 2021

pabulummm
HONESTLY GOOD FOOD

All products are subject to availability.