

# 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](http://www.schoolfoodplan.com)

**MF Monday**

<b>Main Meals</b>	<b>Vegetables</b>
Roasted Vegetable & Bean Hotpot <b>Ve</b>	Peas <b>Ve</b>
Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	<b>Dessert</b>
	Apple & Cinnamon Sponge (G,E) with Custard (MK) <b>V</b>

**Tuesday**

<b>Main Meals</b>	<b>Vegetables</b>
Beef & Broccoli Stir Fry (G,SO) with Egg Noodles (G,E) or Rice	Chinese Cabbage <b>Ve</b>
Squash & Lentil Curry (MU,g) with Steamed Rice <b>Ve</b>	<b>Dessert</b>
Jacket Potatoes with Cheese (MK) <b>V</b> , Salmon Mayonnaise (F,E), or Tuna Mayonnaise (F,E)	Strawberry Cheesecake (G,MK,so,e) <b>V</b>

**Wednesday**

<b>Main Meals</b>	<b>Vegetables</b>
Roast Chicken Fillets with Roast Potatoes & Gravy	Green Cabbage & Carrots <b>Ve</b>
Vegan Cornish Pasty (G,SO) with Roast Potatoes <b>Ve</b>	<b>Dessert</b>
Pasta (G) with Roasted Tomato & Pepper Sauce <b>Ve</b>	Chocolate Sponge (G,E) & Chocolate Sauce (MK) <b>V</b>

**Thursday**

<b>Main Meals</b>	<b>Vegetables</b>
Cumberland Sausage (G,SU) with Mash (MK) & Gravy	Green Beans & Cauliflower <b>Ve</b>
Vegetarian Sausage (G,C) with Mash (MK) & Gravy <b>V</b>	<b>Dessert</b>
Jacket Potato with Baked Beans <b>Ve</b> or Cheese (MK) <b>V</b>	Fruit Burst Jelly <b>V</b>

**Friday**

<b>Main Meals</b>	<b>Vegetables</b>
Fish Fingers (G,F) with Chips & Ketchup (G)	Baked Beans & Sweetcorn <b>Ve</b>
Vegetable Fingers (G) with Chips & Ketchup (G) <b>Ve</b>	<b>Dessert</b>
Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	Chocolate Chip Cookie (G,mk) <b>V</b>

**Freshly Baked Bread:**  
Pumpkin & Carrot (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

**Week 1:**  
12<sup>th</sup> Apr, 3<sup>rd</sup> May, 24<sup>th</sup> May, 14<sup>th</sup> Jun, 5<sup>th</sup> Jul, 26<sup>th</sup> Jul, 30<sup>th</sup> Aug, 20<sup>th</sup> Sep, 11<sup>th</sup> Oct

**MF Monday**

<b>Main Meals</b>	<b>Vegetables</b>
Macaroni & Cheese (G,MK) with Homemade Garlic Bread (G,SO,MK,e) <b>V</b>	Green Beans <b>Ve</b>
Jacket Potato with Baked Beans <b>Ve</b> or Cheese (MK) <b>V</b>	<b>Dessert</b>
	Coconut & Jam Sponge (G,E,SU) with Custard (MK) <b>V</b>

**Tuesday**

<b>Main Meals</b>	<b>Vegetables</b>
Beef & Bean Chilli Con Carne (g) served with Baked Potato	Sweetcorn <b>Ve</b>
Vegan Chilli Con Carne (SO) served with Baked Potato <b>Ve</b>	<b>Dessert</b>
Jacket Potato with Baked Beans <b>Ve</b> or Cheese (MK) <b>V</b>	Berry Crumble Slice (G) <b>Ve</b>

**Wednesday**

<b>Main Meals</b>	<b>Vegetables</b>
Roast Chicken with Roast Potatoes & Gravy	Roasted Butternut Squash & Carrots <b>Ve</b>
Potato & Leek Frittata (MK,E) <b>V</b>	<b>Dessert</b>
Pasta (G) with Tomato & Vegetable Sauce (g) <b>Ve</b>	Fruit Burst Jelly <b>V</b>

**Thursday**

<b>Main Meals</b>	<b>Vegetables</b>
Chicken & Vegetable Curry (MU) with Steamed Rice	Carrots & Cauliflower <b>Ve</b>
Sweet Potato & Butter Bean Curry with Steamed Rice <b>Ve</b>	<b>Dessert</b>
Jacket Potato with Baked Beans <b>Ve</b> or Cheese (MK) <b>V</b>	Cherry Cookie (G,SU) <b>Ve</b>

**Friday**

<b>Main Meals</b>	<b>Vegetables</b>
Oven Baked Battered Fish (G,F) with Chips	Baked Beans & Garden Peas <b>Ve</b>
Vegetable Fingers (G) with Chips <b>Ve</b>	<b>Dessert</b>
Pasta (G) with Tomato & Vegetable Sauce (g) <b>Ve</b>	Vanilla & Sultana Sponge (G,E) with Custard (MK) <b>V</b>

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

**Week 2:**  
19<sup>th</sup> Apr, 10<sup>th</sup> May, 31<sup>st</sup> May, 21<sup>st</sup> Jun, 12<sup>th</sup> Jul, 6<sup>th</sup> Sep, 27<sup>th</sup> Sep, 18<sup>th</sup> Oct

**MF Monday**

<b>Main Meals</b>	<b>Vegetables</b>
Lentil & Vegetable Curry (MU,g) with Rice <b>Ve</b>	Broccoli Florets <b>Ve</b>
Pasta (G) with Tomato & Vegetable Sauce (g) <b>Ve</b>	<b>Dessert</b>
	Carrot & Apple Flapjack (G) <b>V</b>

**Tuesday**

<b>Main Meals</b>	<b>Vegetables</b>
Spaghetti (G) Bolognese	Carrots & Peas <b>Ve</b>
Spaghetti (G) Vegetarian Bolognese (SO) <b>Ve</b>	<b>Dessert</b>
Jacket Potato with Baked Beans <b>Ve</b> Cheese (MK) <b>V</b> , or Bolognese	Lemon Drizzle Cake (G,E,SU) <b>V</b>

**Wednesday**

<b>Main Meals</b>	<b>Vegetables</b>
Roast Turkey with Roast Potatoes & Gravy	Green Cabbage & Roast Carrots <b>Ve</b>
Lentil & Bean Vegan Loaf (G,SO,se) with Roast Potatoes & Gravy <b>Ve</b>	<b>Dessert</b>
Wholewheat Pasta (G) with Cheese & Leek Sauce (G,MK) <b>V</b>	Banana & Sultana Cake (G,E) with Custard (MK) <b>V</b>

**Thursday**

<b>Main Meals</b>	<b>Vegetables</b>
Pepperoni Pizza (G,MK) with Potato Salad (E)	Sweetcorn <b>Ve</b>
Margherita Pizza (G,MK) with Potato Salad (E) <b>V</b>	<b>Dessert</b>
Jacket Potato with Baked Beans <b>Ve</b> or Cheese (MK) <b>V</b>	Chilled Rice Pudding with Berry Compote (MK) <b>V</b>

**Friday**

<b>Main Meals</b>	<b>Vegetables</b>
Fish Fingers (G,F) with Chips	Baked Beans & Garden Peas <b>Ve</b>
Vegetable & Lentil Croquette (G,SO,se) with Chips <b>Ve</b>	<b>Dessert</b>
Pasta (G) with Tomato & Basil Sauce (g) <b>Ve</b>	Chocolate & Raisin Shortbread (G) <b>Ve</b>

**Freshly Baked Bread:**  
Sunflower, Rosemary & Tomato (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

**Week 3:**  
26<sup>th</sup> Apr, 17<sup>th</sup> May, 7<sup>th</sup> Jun, 28<sup>th</sup> Jun, 19<sup>th</sup> Jul, 13<sup>th</sup> Sep, 4<sup>th</sup> 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)

BM1Perryfields  
Available Every Day  
Fresh Fruit Platter **Ve**  
Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**  
April 2021  
**pabulum**  
HONESTLY GOOD FOOD

All products are subject to availability.