

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

Monday

Main Meals
 Pepperoni Pizza (G,MK) with Potato Salad (E) ✓
 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)
 Mac n Cheese (G,MK) 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
 Cumberland Sausage (G,SU) with Potato Wedges ✓
 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
 ✓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)

BM1Perryfields
 Available Every Day
 Fresh Fruit Platter ✓

November 2021

