

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
Chicken & Vegetable Paella
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) with Custard (MK) **V**

Tuesday

Main Meals
Spaghetti (G) Bolognaise
Squash & Lentil Curry (MU,g) with Steamed Rice **Ve**
Jacket Potato with Cheese (MK) **V** or Salmon Mayonnaise (F,E)

Vegetables
Chinese Cabbage **Ve**

Dessert
Strawberry Cheesecake (G,MK,so,e) **V**

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 & Courgette Sponge (G,E) & Chocolate Sauce (MK) **V**

Thursday

Main Meals
Cumberland Sausage (G,SU) with Mash (MK) & Gravy
Potato Crust Cheese & Tomato Quiche (MK,E) with Side Salad **V**
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables
Green Beans & Cauliflower **Ve**

Dessert
Fruit Burst Jelly **V**

Friday

Main Meals
Fish Fingers (G,F) with Oven Baked Chips
Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup (G) & Side Salad **Ve**
Pasta (G) with Creamy Mushroom Sauce (G,MK) **V**

Vegetables
Baked Beans & Sweetcorn **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
Cheesy Leek & Bacon Pasta Bake with a Herby Crust (G,MK)
Tofu Sweet & Sour Mixed Vegetables (G,SO) with Steamed Rice **Ve**
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables
Green Beans **Ve**

Dessert
Jam Sponge (G,E,SU) with Custard (MK) **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 Cheese Sauce (G,MK) **V**

Vegetables
Sweetcorn **Ve**

Dessert
Berry Crumble Slice (G) **Ve**

Wednesday

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

Vegetables
Roasted Butternut Squash & Kale **Ve**

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

Thursday

Main Meals
Beef Burger in a Bun (G,se) with Potato Salad (E)
Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) **V**
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables
Carrots & Cauliflower **Ve**

Dessert
Cherry Cookie (G,SU) **Ve**

Friday

Main Meals
Fish Fingers (G,F) with Oven Baked Chips
Vegetable Quarterpounder Burger (G,se) with Oven Baked Chips **V**
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables
Baked Beans & Garden Peas **Ve**

Dessert
Vanilla & Sultana Sponge (G,E) with Custard (MK) **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
Chicken Biryani (MU,g)
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
Beef Lasagne (G,MK,e)
Carrot & Pea Risotto **Ve**
Jacket Potato with Baked Beans **Ve** Cheese (MK) **V**, or Bolognaise

Vegetables
Carrots & Peas **Ve**

Dessert
Lemon Drizzle Cake (G,E,SU) **V**

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
Green Cabbage & Roast Carrots **Ve**

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

Thursday

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

Vegetables
Sweetcorn **Ve**

Dessert
Chilled Rice Pudding with Berry Compote (MK) **V**

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 & Garden Peas **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)

BM1Tenterden
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.