

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) with Custard (MK) ✓

Tuesday

Main Meals

Chicken Korma (SO,MK,g) with Rice
Vegetable Lasagne (G,MK,e) ✓
Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables

Peas ✓ & Coleslaw (E) ✓

Dessert

Pear & Berry Crumble (G) ✓ with Custard (MK) ✓

Wednesday

Main Meals

Roast Chicken Fillets in Tomato Sauce with Roast Potatoes
Chick Pea & Cauliflower Bake with Roast Potatoes ✓
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 Mince & Vegetable Pie topped with Mashed Potato (SO,g) ✓
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

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

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) with Garlic Bread (G,SO,MK,e) ✓
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) ✓ with Custard (MK) ✓

Tuesday

Main Meals

Chicken Fajita with Rice
Vegetable Fajita (G,SO) with Rice ✓
Wholemeal Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables

Green Beans & Sweetcorn ✓

Dessert

Chocolate & Courgette Sponge (G,E,mk) with Chocolate Sauce (MK) ✓

Wednesday

Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy
Sweet Chilli & Vegetable Stirfry Noodles (G,SO,E,MU,SU) ✓
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables

Cauliflower & Peas ✓

Dessert

Orange & Lemon Drizzle Cake (G,E) ✓

Thursday

Main Meals

Traditional Beef Bolognese with Spaghetti (G)
Spinach, Courgette & Feta Filo Tart (G,MK) with Mashed Potato ✓
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

Sticky Toffee Pudding with Toffee Sauce (G,MK,E) ✓

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) with Rice
Squash & Butterbean Curry (SU) ✓ with Naan Bread (G,MK) ✓
Pasta (G) with Tomato & Basil Sauce (g) ✓

Vegetables

Peas & Cauliflower ✓

Dessert

Coconut & Orange Cookie (G,SU,mk) ✓

Tuesday

Main Meals

Beef Lasagne (G,MK,e)
Butternut Squash Tagine (g) with Cous Cous (G,so) ✓
Jacket Potato with Tuna 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 Creamy Salmon (G,F,MK) or Cheese Sauce (G,MK) ✓

Vegetables

Green Cabbage & Roasted Root Vegetables ✓

Dessert

Maryland Sultana Cookie (G,mk) ✓

Thursday

Main Meals

Sweet Potato Topped Cottage Pie
Roasted Ratatouille Pasta Bake (G,MK) ✓
Jacket Potato with Baked Beans ✓ or Cheese (MK) ✓

Vegetables

Green Beans & Carrots ✓

Dessert

Vanilla Shortbread (G) ✓ with Homemade Lemon Curd (E) ✓

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)

BM1Tent/Rolve

Available Every Day

Fresh Fruit Platter ✓
Homemade Fruit Yoghurt (SO,MK) ✓

November 2021

pabulummm
HONESTLY GOOD FOOD

All products are subject to availability.