

# 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>
Sweetcorn & Courgette Fritter (G,E) with Side Salad <b>V</b>	<b>Dessert</b>
	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <b>V</b>

**Tuesday**

<b>Main Meals</b>	<b>Vegetables</b>
Beef Enchiladas (G,MK)	Chinese Cabbage <b>Ve</b>
Squash & Lentil Curry (MU,g) with Steamed Rice <b>Ve</b>	<b>Dessert</b>
	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <b>V</b>

**Wednesday**

<b>Main Meals</b>	<b>Vegetables</b>
Roast Chicken with Roast Potatoes & Gravy	Green Cabbage & Carrots <b>Ve</b>
Vegan Cornish Pasty (G,SO) with Roast Potatoes <b>Ve</b>	<b>Dessert</b>
	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <b>V</b>

**Thursday**

<b>Main Meals</b>	<b>Vegetables</b>
Chicken & Beef Sausage with Mash (MK) & Gravy	Green Beans & Cauliflower <b>Ve</b>
Lentil & Layered Vegetable Baked Ratatouille (g) <b>Ve</b>	<b>Dessert</b>
	Berry Crumble Slice (G) <b>Ve</b>

**Friday**

<b>Main Meals</b>	<b>Vegetables</b>
Fish Finger (G,F) Bap (G,se) with Homemade Tartare Sauce (G,E,SU) & Side Salad	Baked Beans & Sweetcorn <b>Ve</b>
Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup (G) & Side Salad <b>Ve</b>	<b>Dessert</b>
Pasta (G) with Creamy Mushroom Sauce (G,MK) <b>V</b>	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <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>
Cauliflower Macaroni & Cheese (G,MK) with Homemade Garlic Bread (G,SO,MK,e) <b>V</b>	Green Beans <b>Ve</b>
Sweet & Sour Mixed Vegetables (G,SO) with Steamed Rice <b>Ve</b>	<b>Dessert</b>
	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <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>
	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <b>V</b>

**Wednesday**

<b>Main Meals</b>	<b>Vegetables</b>
Roast Turkey with Roast Potatoes & Gravy	Roasted Butternut Squash & Kale <b>Ve</b>
Potato & Leek Frittata (MK,E) <b>V</b>	<b>Dessert</b>
	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <b>V</b>

**Thursday**

<b>Main Meals</b>	<b>Vegetables</b>
Chicken & Vegetable Curry (MU) with Steamed Rice	Carrots & Cauliflower <b>Ve</b>
Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) <b>V</b>	<b>Dessert</b>
	Banana & Sultana Cake (G,E) with Custard (MK) <b>Ve</b>

**Friday**

<b>Main Meals</b>	<b>Vegetables</b>
Oven Baked Battered Fish (G,F) with Baked Chips	Baked Beans & Garden Peas <b>Ve</b>
Roasted Vegetable & Chick Pea Wrap (G,MK) <b>V</b>	<b>Dessert</b>
Jacket Potato with Baked Beans <b>Ve</b> or Cheese (MK) <b>V</b>	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <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

**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)

**MF Monday**

<b>Main Meals</b>	<b>Vegetables</b>
Chick Pea & Vegetable Curry with Rice <b>Ve</b>	Broccoli Florets <b>Ve</b>
Homemade Vegan Burger (G,se) with Baked Sweet Potato <b>Ve</b>	<b>Dessert</b>
	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <b>V</b>

**Tuesday**

<b>Main Meals</b>	<b>Vegetables</b>
Spaghetti (G) Bolognese	Carrots & Peas <b>Ve</b>
Vegan Mince & Vegetable Pasta Bake (G,SO) <b>Ve</b>	<b>Dessert</b>
	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <b>V</b>

**Wednesday**

<b>Main Meals</b>	<b>Vegetables</b>
Roast Chicken 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>
	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <b>V</b>

**Thursday**

<b>Main Meals</b>	<b>Vegetables</b>
Sweet & Sour Chicken (G) with Steamed Rice	Sweetcorn <b>Ve</b>
Margherita Pizza (G,MK) with Potato Salad (E) <b>V</b>	<b>Dessert</b>
	Strawberry Cheesecake (G,MK,so,e) <b>V</b>

**Friday**

<b>Main Meals</b>	<b>Vegetables</b>
Fish Fingers (G,F) with Oven Baked Chips	Baked Beans & Garden Peas <b>Ve</b>
Vegetable & Lentil Croquette (G,SO,se) with Oven Baked Chips <b>Ve</b>	<b>Dessert</b>
Pasta (G) with Lentil & Bean Sauce (g) <b>Ve</b>	Fresh Fruit <b>Ve</b>
	Fresh Natural Yoghurt (MK,SO) with Fruit Puree <b>V</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

All products are subject to availability.