

# 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**

**Main Meals**  
Margarita Pizza with Potato Salad V  
Sweet Potato & Vegetable Dhal with Rice Ve  
Jacket Potato with Baked Beans Ve or Cheese V

**Vegetables**  
Sweetcorn & Green Beans Ve

**Dessert**  
Cinnamon & Sultana Bread & Butter Pudding with Custard V

**Tuesday**

**Main Meals**  
Beef Burger in a Bun with Oven Baked Wedges  
Vegetarian Burger in a Bun with Oven Baked Wedges Ve  
Pasta with Tomato & Basil Sauce (g) Ve

**Vegetables**  
Peas Ve & Coleslaw V

**Dessert**  
Marble Sponge with Custard V

**Wednesday**

**Main Meals**  
Roast Chicken Fillets in Tomato Sauce with Roast Potatoes  
Chick Pea & Cauliflower Bake with Roast Potatoes Ve  
Wholemeal Pasta with Cheese Sauce V

**Vegetables**  
Carrots & Cabbage Ve

**Dessert**  
Waffles with Berry Compote V

**Thursday**

**Main Meals**  
Sausages with Mashed Potato & Gravy  
Bombay Potato Burrito Ve  
Jacket Potato with Tuna Mayonnaise or Cheese V

**Vegetables**  
Broccoli & Sweetcorn Ve

**Dessert**  
Carrot Cake V

**Friday**

**Main Meals**  
Oven Baked Fish Fingers with Oven Baked Chips  
Vegetable Fingers with Oven Baked Chips Ve  
Pasta with Tomato & Basil Sauce Ve

**Vegetables**  
Baked Beans & Peas Ve

**Dessert**  
Pear & Berry Crumble Ve with Custard V

**Freshly Baked Bread:**  
Pumpkin & Carrot V Wholemeal V

**Week 1:**  
3<sup>rd</sup> Jan, 24<sup>th</sup> Jan, 14<sup>th</sup> Feb, 7<sup>th</sup> Mar, 28<sup>th</sup> Mar

**MF Monday**

**Main Meals**  
Mac n Cheese with Garlic Bread V  
Vegetable & Bean Stew Ve with Garlic Bread V  
Jacket Potato with Tuna Mayonnaise or Cheese V

**Vegetables**  
Broccoli Florets & Carrots Ve

**Dessert**  
Apple & Sultana Crumble Ve with Custard V

**Tuesday**

**Main Meals**  
Beef Lasagne  
Cannellini Bean & Vegetable Lasagne V  
Wholemeal Pasta with Cheese Sauce V

**Vegetables**  
Green Beans & Sweetcorn Ve

**Dessert**  
Sticky Toffee Pudding with Toffee Sauce V

**Wednesday**

**Main Meals**  
Honey Roast Gammon with Roast Potatoes & Gravy  
Sweet Chilli & Vegetable Stirfry Noodles V  
Jacket Potato with Baked Beans Ve or Cheese V

**Vegetables**  
Cauliflower & Peas Ve

**Dessert**  
Orange & Lemon Drizzle Cake V

**Thursday**

**Main Meals**  
Sweet Potato Topped Cottage Pie  
Vegan Mince Vegetable Pie topped with Mashed Potato Ve  
Pasta with Tomato Sauce Ve

**Vegetables**  
Carrots & Cabbage Ve

**Dessert**  
Cherry Cookie Ve

**Friday**

**Main Meals**  
Battered Fish Fillets with Oven Baked Chips  
Vegan Bean Burrito with Oven Baked Chips Ve  
Jacket Potato with Baked Beans Ve or Cheese V

**Vegetables**  
Baked Beans & Peas Ve

**Dessert**  
Chocolate & Courgette Sponge with Chocolate Sauce V

**Freshly Baked Bread:**  
Courgette, Oat & Thyme V Wholemeal V

**Week 2:**  
10<sup>th</sup> Jan, 31<sup>st</sup> Jan, 21<sup>st</sup> Feb, 14<sup>th</sup> Mar, 4<sup>th</sup> Apr

**MF Monday**

**Main Meals**  
Quorn Sausages with Potato Wedges V  
Squash & Butterbean Curry Ve with Naan Bread V  
Pasta with Tomato & Basil Sauce Ve

**Vegetables**  
Peas & Cauliflower Ve

**Dessert**  
Coconut & Orange Cookie V

**Tuesday**

**Main Meals**  
Beef Chilli Con Carne with Rice  
Vegan Chilli Con Carne with Rice Ve  
Jacket Potato with Tuna Mayonnaise or Cheese V

**Vegetables**  
Sweetcorn & Carrots Ve

**Dessert**  
Banana Flapjack Ve

**Wednesday**

**Main Meals**  
Herby Roast Chicken Fillets with Roast Potatoes & Gravy  
Vegan Sausage Loaf with Roast Potatoes & Gravy Ve  
Wholemeal Pasta with Creamy Salmon or Cheese Sauce V

**Vegetables**  
Green Cabbage & Roasted Root Vegetables Ve

**Dessert**  
Maryland Sultana Cookie V

**Thursday**

**Main Meals**  
Traditional Beef Bolognese with Spaghetti  
Vegan Bolognese with Spaghetti Ve  
Jacket Potato with Baked Beans Ve or Cheese V

**Vegetables**  
Green Beans & Carrots Ve

**Dessert**  
Vanilla Shortbread Ve with Homemade Lemon Curd V

**Friday**

**Main Meals**  
Oven Baked Fish Fingers with Oven Baked Chips  
Spinach & Tomato Pastry Pocket with Oven Baked Chips V  
Pasta with Cheese Sauce V

**Vegetables**  
Baked Beans & Peas Ve

**Dessert**  
Chocolate & Beetroot Brownie V

**Freshly Baked Bread:**  
Sunflower, Rosemary & Tomato V Wholemeal V

**Week 3:**  
17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 28<sup>th</sup> Feb, 21<sup>st</sup> Mar

V - 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)

BM1Collis

Available Every Day

Fresh Fruit Platter Ve  
Homemade Fruit Yoghurt (SO,MK) V

November 2021

**pabulummm**  
HONESTLY GOOD FOOD