

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

Monday

Main Meals
Sausage (G,SU) & Mash with Onion Gravy
Tex Mex Vegetarian Sausage Hot Pot (G,E,MK) V
Pasta (G) with Cheese Sauce (G,MK) V

Vegetables
Sweetcorn & Peas Ve

Dessert
Vanilla Ice Cream (MK) with Fruit Compote V

Tuesday

Main Meals
Mild Chicken & Vegetable Curry (MU) with Steamed Rice
Thai Vegetable Green Curry (C) with Steamed Rice Ve
Jacket Potato with Baked Beans Ve or Cheese (MK) V

Vegetables
Cauliflower & Green Beans Ve

Dessert
Fruit Burst Jelly Ve

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy
BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy Ve
Wholegrain Pasta (G) with Tomato Sauce (C) Ve

Vegetables
Seasonal Greens & Carrots Ve

Dessert
Apple & Oaty Topped Crumble (G) Ve with Custard (MK) V

Thursday

Main Meals
Beef Bolognese (C) with Spaghetti (G)
Vegan Bolognese (SO,g) with Spaghetti (G) Ve
Jacket Potato with Baked Beans Ve or Cheese (MK) V

Vegetables
Broccoli & Sweetcorn Ve

Dessert
Chocolate & Beetroot Brownie (G,E) V

Friday

Main Meals
Fish Fingers (G,F) with Oven Baked Chips
Vegetable Burrito Wrap (G,SO) Ve
Pasta (G) with Tomato Sauce (C) Ve

Vegetables
Peas & Baked Beans Ve

Dessert
Maryland Cookie (G,mk) V

Freshly Baked Bread:
Garlic & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 1:
19th April, 9th May, 6th June, 27th June, 18th July, 30th August, 19th September, 10th October, 31st October

Monday

Main Meals
BBQ Chicken Pizza (G,MK)
Margherita Pizza (G,MK) V
Jacket Potato with Tuna Mayonnaise (F,E) or Baked Beans Ve

Vegetables
Sweetcorn Ve & Coleslaw (E) V

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

Tuesday

Main Meals
Sweet & Sour Chicken (G,C) with Steamed Egg Noodles (G,E)
Sweet & Sour Vegetables (G,C) with Steamed Egg Noodles (G,E) V
Wholegrain Pasta (G) with Tomato Sauce (C) Ve

Vegetables
Cauliflower & Peas Ve

Dessert
Oat & Cherry Cookie (G,SU) Ve

Wednesday

Main Meals
Honey Roast Gammon with Roast Potatoes & Gravy
Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy V
Pasta (G) with Cheese Sauce (G,MK) V

Vegetables
Seasonal Greens & Carrots Ve

Dessert
Banana Flapjack (G) Ve

Thursday

Main Meals
Beef & Bean Chilli (C,g) with Rice
Vegan Chilli Con Carne (SO,C,g) with Rice Ve
Jacket Potato with Baked Beans Ve or Cheese (MK) V

Vegetables
Broccoli & Sweetcorn Ve

Dessert
Apple & Parsnip Sponge (G,E) V

Friday

Main Meals
Battered Fish (G,F) with Oven Baked Chips
Vegetable Goujon with Oven Baked Chips Ve
Pasta (G) with Roasted Tomato Sauce Ve

Vegetables
Baked Beans & Peas Ve

Dessert
Vanilla Ice Cream (MK) with Peach Compote V

Freshly Baked Bread:
Carrot & Thyme Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 2:
25th April, 16th May, 13th June, 4th July, 5th September, 26th September, 17th October

Monday

Main Meals
Cottage Pie (SU)
Macaroni & Cheese (G,MK) V
Jacket Potato with Baked Beans Ve or Cheese (MK) V

Vegetables
Peas & Carrots Ve

Dessert
Sticky Banana Bread (G,SO,MK,e) V

Tuesday

Main Meals
Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)
Vegetable Jambalaya (g) Ve
Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans Ve

Vegetables
Cauliflower & Broccoli Ve

Dessert
Chocolate Shortbread (G) Ve

Wednesday

Main Meals
Thyme Roast Chicken Breast with Roast Potatoes & Gravy
Roasted Ratatouille with Crumble (G) Ve
Wholegrain Pasta (G) with Cheese Sauce (G,MK) V

Vegetables
Peas & Carrots Ve

Dessert
Mandarin Jelly Ve

Thursday

Main Meals
Beef Burger in a Bun (G,se)
Homemade Vegan Burger (g) in a Bun (G,se) Ve
Jacket Potato with Baked Beans Ve or Cheese (MK) V

Vegetables
Sweetcorn Ve & Coleslaw (E) V

Dessert
Waffles (G,E,SO,mk) with Berry Compote V

Friday

Main Meals
Fish Fingers (G,F) with Oven Baked Chips
BBQ Vegetable Quesadilla (G,MK) V
Pasta (G) with Tomato Sauce (C) Ve

Vegetables
Baked Beans & Peas Ve

Dessert
Chocolate Mousse (MK) V

Freshly Baked Bread:
Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 3:
3rd May, 23rd May, 20th June, 11th July, 12th September, 3rd October, 24th October

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)

BM1 Janet Duke
Available Every Day
Fresh Fruit Platter Ve
Homemade Fruit Yoghurt (SO,MK) V

April 2022
pabulummm
HONESTLY GOOD FOOD