

# 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>
	Margherita Pizza with Potato Salad V	Sweetcorn & Green Beans Ve
	Sweet Potato & Vegetable Dhal with Rice V	<b>Dessert</b>
	Jacket Potato with Baked Beans or Cheese V	Cinnamon & Sultana, Bread & Butter Pudding with Custard V

Tuesday	<b>Main Meals</b>	<b>Vegetables</b>
	Beef Burger in a Bun with Oven Baked Wedges	Peas & Coleslaw V
	Vegetarian Burger in a Bun with Oven Baked wedges V	<b>Dessert</b>
	Pasta With Tomato & Basil Sauce V	Marble Sponge with Custard V

Wednesday	<b>Main Meals</b>	<b>Vegetables</b>
	Roast Chicken Fillets in Tomato Sauce with Roast Potatoes	Carrots & Cabbage Ve
	Chick Pea & Cauliflower Bake with Roast Potatoes V	<b>Dessert</b>
	Wholewheat Pasta with Cheese Sauce V	Waffles with Berry Compote V

Thursday	<b>Main Meals</b>	<b>Vegetables</b>
	Traditional Beef Bolognaise with Spaghetti	Broccoli & Sweetcorn Ve
	Vegan Mince & Vegetable Pie topped with Mashed Potato Ve	<b>Dessert</b>
	Jacket Potato with Tuna Mayonnaise or Cheese V	Carrot Cake V

Friday	<b>Main Meals</b>	<b>Vegetables</b>
	Oven Baked Fish Fingers with Oven Baked Chips	Baked Beans & Peas Ve
	Vegetable Fingers with Oven Baked Chips V	<b>Dessert</b>
	Pasta with Tomato & Basil Sauce V	Pear & Berry Crumble with Custard V

### Freshly Baked Bread:

Pumpkin & Carrot V Wholemeal V

### Week 1:

6<sup>th</sup> Sep, 27<sup>th</sup> Sep, 18<sup>th</sup> Oct, 8<sup>th</sup> Nov, 29<sup>th</sup> Nov, 20<sup>th</sup> Dec, 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	<b>Main Meals</b>	<b>Vegetables</b>
	Mac n Cheese with Garlic Bread V	Broccoli Florets, Carrots Ve
	Vegetable & Bean Stew with Garlic Bread V	<b>Dessert</b>
	Jacket Potato with Tuna Mayonnaise or Cheese V	Apple & Sultana Crumble with Custard V

Tuesday	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken Korma with Rice	Green Beans & Sweetcorn Ve
	Vegetable Fajita with Rice V	<b>Dessert</b>
	Wholewheat Pasta with Cheese Sauce V	Sticky Toffee Pudding with Toffee Sauce V

Wednesday	<b>Main Meals</b>	<b>Vegetables</b>
	Honey Roast Gammon with Roast Potatoes & Gravy	Cauliflower & Peas Ve
	Sweet Chilli & Vegetable Stir Fry Noodles V	<b>Dessert</b>
	Jacket Potato with Baked Beans or Cheese V	Orange & Lemon Drizzle Cake V

Thursday	<b>Main Meals</b>	<b>Vegetables</b>
	Sweet Potato Topped Cottage Pie	Carrots & Cabbage Ve
	Vegan Sausage with Mashed Potato & Gravy Ve	<b>Dessert</b>
	Pasta with Tomato Sauce V	Cherry Cookie V

Friday	<b>Main Meals</b>	<b>Vegetables</b>
	Battered Fish Fillets with Oven Baked Chips	Baked Beans & Peas Ve
	Vegan Bean Burrito with Oven Baked Chips Ve	<b>Dessert</b>
	Jacket Potato with Baked Beans or Cheese V	Chocolate & Courgette Sponge with Chocolate Sauce V

### Freshly Baked Bread:

Courgette, Oat & Thyme V Wholemeal V

### Week 2:

13<sup>th</sup> Sep, 4<sup>th</sup> Oct, 25<sup>th</sup> Oct, 15<sup>th</sup> Nov, 6<sup>th</sup> Dec, 27<sup>th</sup> Dec, 17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 28<sup>th</sup> Feb, 21<sup>st</sup> Mar

MF Monday	<b>Main Meals</b>	<b>Vegetables</b>
	Quorn Sausages with Potato Wedges Ve	Peas & Cauliflower Ve
	Squash & Butter Bean Curry with Naan Bread V	<b>Dessert</b>
	Pasta with Tomato & Basil Sauce V	Coconut & Orange Cookie V

Tuesday	<b>Main Meals</b>	<b>Vegetables</b>
	Beef Lasagne	Sweetcorn & Carrots Ve
	Vegan Chilli Con Carne with Rice Ve	<b>Dessert</b>
	Jacket Potato with Tuna Mayonnaise or Cheese Ve	Banana Flapjack V

Wednesday	<b>Main Meals</b>	<b>Vegetables</b>
	Herby Roast Chicken Fillets with Roast Potatoes & Gravy	Green Cabbage, Roasted Root Vegetables Ve
	Vegan Sausage Loaf with Roast Potatoes & Gravy Ve	<b>Dessert</b>
	Wholewheat Pasta with Creamy Salmon or Cheese Sauce V	Maryland Sultana Cookie V

Thursday	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken & Vegetable Pie with Mashed Potato	Green Beans & Carrots Ve
	Roasted Ratatouille Pasta Bake V	<b>Dessert</b>
	Jacket Potato with Baked Beans or Cheese V	Vanilla Shortbread with Homemade Lemon Curd V

Friday	<b>Main Meals</b>	<b>Vegetables</b>
	Oven Baked Fish Fingers with Oven Baked Chips	Baked Beans & Peas Ve
	Spinach & Tomato Pastry Pocket with Oven Baked Chips V	<b>Dessert</b>
	Pasta with Cheese Sauce V	Chocolate & Beetroot Brownie V

### Freshly Baked Bread:

Sunflower, Rosemary & Tomato V Wholemeal V

### Week 3:

20<sup>th</sup> Sep, 11<sup>th</sup> Oct, 1<sup>st</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec, 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

V - Suitable for vegetarians  
Ve - Suitable for vegans & vegetarians

All products are subject to availability.

### Available Every Day

Fresh Fruit Platter V  
Fresh Natural Yoghurt with Fruit Puree V

### Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

BM1 Hook

September 2021