

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

MF Monday

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| Main Meals | Vegetables |
| Macaroni Cheese with Crispy Ciabatta & Herb Crumb (G,SO,MK,e) V | Carrots & Green Beans Ve |
| Roasted Squash & Basil Risotto Ve | Dessert |
| Jacket Potato with choice of toppings V | Ice Cream (MK) with Fruit V |

Tuesday

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| Main Meals | Vegetables |
| Chicken Tikka Masala (MU) with Rice | Lentil Dhal (g) & Broccoli Ve |
| Chargrilled Vegetable Quesadilla (G,MU) with Rice Ve | Dessert |
| Pasta (G) with a choice of toppings V | Courgette & Orange Cake (G,E) V |

Wednesday

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| Main Meals | Vegetables |
| Roasted Chicken with Roasted Potatoes & Gravy | Green Cabbage & Carrots Ve |
| Spiced Moroccan Chickpea Curry with Lemon Couscous (G,SU,so) Ve | Dessert |
| Jacket Potato with choice of toppings V | Chocolate Orange Cheesecake (G,MK) V |

Thursday

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| Main Meals | Vegetables |
| Beef Burger in a Bun (G,se) | Sweetcorn & Coleslaw (G,MU) Ve |
| Crispy Chickpea Burger in a Bun (G,MU,se) Ve | Dessert |
| Pasta (G) with a choice of toppings V | Apple & Oat Crumble (G) V |

Friday

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| Main Meals | Vegetables |
| Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips | Baked Beans & Peas Ve |
| Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla (G,MU) & Chips Ve | Dessert |
| Jacket Potato with choice of toppings V | Chocolate & Carrot Brownie (G,E) V |

Freshly Baked Bread - Pumpkin & Carrot (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**
Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese (MK) **V**
Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) **Ve** or Cheddar Cheese (MK) **V**

Week 1: 31st Aug, 21st Sep, 12th Oct, 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar

MF Monday

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| Main Meals | Vegetables |
| Margherita Pizza (G,MK) V | Coleslaw (G,MU) & Carrots Ve |
| Mexican 5 Bean & Vegetable Tostada with Pomegranate (G,MU) Ve | Dessert |
| Jacket Potato with choice of toppings V | Sticky Toffee Pudding (G,MK,E) V |

Tuesday

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|---|---------------------------------------|
| Main Meals | Vegetables |
| Classic Spaghetti (G) Beef Bolognese (g) | Peas & Cauliflower Ve |
| Sweet Potato Topped Vegetable Pie (g) Ve | Dessert |
| Pasta (G) with a choice of toppings V | Carrot & Ginger Sponge (G,E) V |

Wednesday

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| Main Meals | Vegetables |
| Herby Chicken Breast with Roasted New Potatoes, Stuffing (G) & Gravy | Carrots & Green Cabbage Ve |
| Mediterranean Vegetable Tart (G) Ve | Dessert |
| Jacket Potato with choice of toppings V | Ice Cream (MK) with Fruit V |

Thursday

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| Main Meals | Vegetables |
| Chicken & Beef Sausages with Mashed Potatoes (MK) & Onion Gravy | Roasted Seasonal Vegetables & Sweetcorn Ve |
| Vegetarian Sausages (G,SO,C,SU) with Steamed New Potatoes Ve | Dessert |
| Pasta (G) with a choice of toppings V | Peach Sponge Cake (G,E) V |

Friday

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| Main Meals | Vegetables |
| Battered Fish (G,F) with Homemade Tomato Ketchup (G) or Salmon Fishcake in a Bun (G,F,se) & Chips | Baked Beans & Peas Ve |
| Falafel & Carrot Wrap with Salsa (G,SU) & Chips Ve | Dessert |
| Jacket Potato with choice of toppings V | Banana Flapjack (G) Ve |

Freshly Baked Bread - Courgette, Oat & Thyme (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**
Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese (MK) **V**
Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) **Ve** or Cheddar Cheese (MK) **V**

Week 2: 7th Sep, 28th Sep, 19th Oct, 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb, 15th Mar

MF Monday

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| Main Meals | Vegetables |
| Roasted Tomato & Vegetable Cheesy Pasta (G,MK) V | Broccoli & Mixed Salad Ve |
| Jackfruit Katsu Curry with Rice Ve | Dessert |
| Jacket Potato with choice of toppings V | Caramelised Pineapple Sponge (G,E) V |

Tuesday

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| Main Meals | Vegetables |
| Mild Jerk Chicken with Rice & Peas | Sweetcorn Ve |
| Vegetarian Spicy Special Fried Rice (G,SO) Ve | Dessert |
| Pasta (G) with a choice of toppings V | Apple Pie Cinnamon Roll (G,SO,MK,e) V |

Wednesday

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| Main Meals | Vegetables |
| Roast Chicken served with Roasted Potatoes & Gravy | Cauliflower & Peas Ve |
| Tofu & Vegetable Noodle Stir Fry (SO) Ve | Dessert |
| Jacket Potato with choice of toppings V | Ice Cream (MK) with Fruit V |

Thursday

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| Main Meals | Vegetables |
| Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce (G) with Noodles (G,E) | Green Beans Ve |
| Pitta Pizza topped with Houmous & Roasted Vegetables (G,SU) Ve | Dessert |
| Pasta (G) with a choice of toppings V | Chocolate Shortbread Biscuit (G) Ve |

Friday

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|---|--------------------------------------|
| Main Meals | Vegetables |
| Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips | Baked Beans & Peas Ve |
| Homemade Crispy Vegetable Nuggets (G,MU) with Chips Ve | Dessert |
| Jacket Potato with choice of toppings V | Lemon Drizzle Cake (G,E,SU) V |

Freshly Baked Bread - Sunflower, Rosemary & Tomato (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**
Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese (MK) **V**
Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) **Ve** or Cheddar Cheese (MK) **V**

Week 3: 14th Sep, 5th Oct, 26th Oct, 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb, 1st Mar, 22nd Mar

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)

BM2

Available Every Day

Fresh Fruit Platter **Ve**
 Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

August 2020



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

All products are subject to availability.