

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	Main Meals Roasted Vegetable & Bean Hotpot Ve Sweetcorn & Courgette Fritter (G,E) with Side Salad V Pasta (G) with Cheese & Chive Sauce (G,MK) V	Vegetables Peas Ve Dessert Apple & Cinnamon Sponge (G,E) with Custard (MK) V
	Main Meals Beef Enchiladas (G,MK) Squash & Lentil Curry (MU,g) with Steamed Rice Ve Jacket Potato with Cheese (MK) V or Salmon Mayonnaise (F,E)	Vegetables Chinese Cabbage Ve Dessert Strawberry Cheesecake (G,MK,so,e) V
Wednesday	Main Meals Roast Chicken Fillets with Roast Potatoes & Gravy Vegan Cornish Pasty (G,SO) with Roast Potatoes Ve Pasta (G) with Roasted Tomato & Pepper Sauce Ve	Vegetables Green Cabbage & Carrots Ve Dessert Chocolate Sponge (G,E) & Chocolate Sauce (MK) V
	Main Meals Chicken & Beef Sausage with Mash (MK) & Gravy Potato Crust Cheese & Tomato Quiche (MK,E) with Side Salad V Jacket Potato with Baked Beans Ve or Cheese (MK) V	Vegetables Green Beans & Cauliflower Ve Dessert Fruit Burst Jelly V
Friday	Main Meals Fish Finger (G,F) Bap (G,se) with Homemade Tartare Sauce (G,E,SU) & Side Salad Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup (G) & Side Salad Ve Pasta (G) with Creamy Mushroom Sauce (G,MK) V	Vegetables Baked Beans & Sweetcorn Ve Dessert Chocolate & Orange Cookie (G,mk) V
	Freshly Baked Bread: Pumpkin & Carrot (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V	
Week 1: 12 th Apr, 3 rd May, 24 th May, 14 th Jun, 5 th Jul, 26 th Jul, 30 th Aug, 20 th Sep, 11 th Oct		

MF Monday	Main Meals Cauliflower Macaroni & Cheese (G,MK) with Homemade Garlic Bread (G,SO,MK,e) V Tofu Sweet & Sour Mixed Vegetables (G,SO) with Steamed Rice Ve Jacket Potato with Baked Beans Ve or Cheese (MK) V	Vegetables Green Beans Ve Dessert Coconut & Jam Sponge (G,E,SU) with Custard (MK) V
	Main Meals Beef & Bean Chilli Con Carne (g) served with Baked Potato Vegan Chilli Con Carne (SO) served with Baked Potato Ve Pasta (G) with Spinach & Onion Sauce (G,MK) V	Vegetables Sweetcorn Ve Dessert Berry Crumble Slice (G) Ve
Wednesday	Main Meals Roast Turkey with Roast Potatoes & Gravy Potato & Leek Frittata (MK,E) V Jacket Potato with Baked Beans Ve or Cheese (MK) V	Vegetables Roasted Butternut Squash & Kale Ve Dessert Orange & Poppy Seed Sponge (G,E) V
	Main Meals Chicken & Vegetable Curry (MU) with Steamed Rice Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) V Pasta (G) with Tomato & Basil Sauce (g) Ve	Vegetables Carrots & Cauliflower Ve Dessert Cherry Cookie (G,SU) Ve
Friday	Main Meals Oven Baked Battered Fish (G,F) with Baked Chips Roasted Vegetable & Chick Pea Wrap (G,MK) V Jacket Potato with Baked Beans Ve or Cheese (MK) V	Vegetables Baked Beans & Garden Peas Ve Dessert Vanilla & Sultana Sponge (G,E) with Custard (MK) V
	Freshly Baked Bread: Courgette, Oat & Thyme (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V	
Week 2: 19 th Apr, 10 th May, 31 st May, 21 st Jun, 12 th Jul, 6 th Sep, 27 th Sep, 18 th Oct		

MF Monday	Main Meals Chick Pea & Vegetable Curry with Rice Ve Homemade Vegan Burger (G,se) with Baked Sweet Potato Ve Pasta (G) with Tomato & Vegetable Sauce (g) Ve	Vegetables Broccoli Florets Ve Dessert Carrot & Apple Flapjack (G) V
	Main Meals Spaghetti (G) Bolognese Carrot & Pea Risotto Ve Jacket Potato with Baked Beans Ve Cheese (MK) V , or Bolognese V	Vegetables Carrots & Peas Ve Dessert Lemon Drizzle Cake (G,E,SU) V
Wednesday	Main Meals Roast Chicken with Roast Potatoes & Gravy Lentil & Bean Vegan Loaf (G,SO,se) with Roast Potatoes & Gravy Ve Wholewheat Pasta (G) with Cheese & Leek Sauce (G,MK) V	Vegetables Green Cabbage & Roast Carrots Ve Dessert Banana & Sultana Cake (G,E) with Custard (MK) V
	Main Meals Beef Burger in a Bun (G,se) with Potato Salad (E) Margherita Pizza (G,MK) with Potato Salad (E) V Jacket Potato with Baked Beans Ve or Cheese (MK) V	Vegetables Sweetcorn Ve Dessert Chilled Rice Pudding with Berry Compote (MK) V
Friday	Main Meals Fish Fingers (G,F) with Oven Baked Chips Vegetable & Lentil Croquette (G,SO,se) with Oven Baked Chips Ve Pasta (G) with Lentil & Bean Sauce (g) Ve	Vegetables Baked Beans & Garden Peas Ve Dessert Chocolate & Raisin Shortbread (G) Ve
	Freshly Baked Bread: Sunflower, Rosemary & Tomato (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V	
Week 3: 26 th Apr, 17 th May, 7 th Jun, 28 th Jun, 19 th Jul, 13 th Sep, 4 th Oct		

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

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)

BM2JamesDixon

April 2021

Available Every Day

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

pabulum
HONESTLY GOOD FOOD

All products are subject to availability.