

After School Menu

Meat Free Monday

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

Meat Free Monday	Main Meals	Vegetables
	Margherita Pizza (G,MK) with Handcut Wedges V Vegetarian Sausages (G,C) with Handcut Wedges V	Classic Coleslaw (E) & Baked Beans V Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Tuesday	Main Meals	Vegetables
	Stir Fried Chicken (G,SO) with Egg Noodles (G,E) Macaroni Cheese (G,MK) with Garlic Bread (G,SO,MK,e) V	Peas & Sweetcorn V _e Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Wednesday	Main Meals	Vegetables
	Beef Burger (G,se) with Homemade BBQ Relish & New Potatoes Jacket Potato with Baked Beans & Cheese (MK) V	Mixed Leaf Salad V _e Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Thursday	Main Meals	Vegetables
	Spaghetti (G) Bolognese Jacket Potato with Baked Beans & Cheese (MK) V	Chophouse Salad V _e Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Friday	Main Meals	Vegetables
	Cajun Chicken (MU) with Slow Roasted Tomato Braised Rice Organic Penne (G) with Tomato & Basil Sauce (g) V _e	Coleslaw (E) & Sweetcorn V Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Week 1: 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

Meat Free Monday	Main Meals	Vegetables
	Vegetarian Spaghetti (G) Bolognese (SO) V _e Spiced Sweet Potato & Chickpea Korma (MK,g) served with Citrus Rice V	Broccoli & Sweetcorn V _e Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Tuesday	Main Meals	Vegetables
	BBQ Chicken Wrap (G) Jacket Potato with Baked Beans & Cheese (MK) V	Coleslaw (E) & Sweetcorn V Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Wednesday	Main Meals	Vegetables
	Chilli Beef Tacos (MK,g) with Brown Rice Penne Pasta (G) served with Roasted Tomato & Basil Sauce (g) V _e	Mixed Leaf Salad & Apple Coleslaw (E) V Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Thursday	Main Meals	Vegetables
	Organic Beef Lasagne (G,MK,e) served with Garlic Bread (G,SO,MK,e) & New Potatoes Vegetarian Lasagne (G,MK,e) served with Garlic Bread (G,SO,MK,e) & New Potatoes V	Green Beans & Carrots V Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Friday	Main Meals	Vegetables
	Organic Beef Bolognese with Spaghetti (G) & Garlic Bread (G,SO,MK,e) Houmous Pitta Pizza with Roasted Vegetables (G,SU) V _e	Peas & Carrot V Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Week 2: 12th Jul, 6th Sep, 27th Sep, 18th Oct

Meat Free Monday	Main Meals	Vegetables
	Falafel & Carrot Wrap (G,SU) with Summer Salad V _e Jacket Potato with Baked Beans & Cheese (MK) V	Peas & Summer Salad V _e Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Tuesday	Main Meals	Vegetables
	Chicken & Sweetcorn Meatballs Sub Roll (G,MK,se) Penne Pasta (G) served with Tomato & Vegetable Sauce (g) V _e	Coleslaw (E) V Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Wednesday	Main Meals	Vegetables
	Turkey, Mushroom & Tarragon Pasta Bake (G,MK) Jacket Potato with Baked Beans & Cheese (MK) V	Broccoli & Sweetcorn V _e Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Thursday	Main Meals	Vegetables
	Chicken & Pasta Bake (G,MK) Green Lentil & Potato Dhal (g) with Rice V _e	Peas & Cauliflower V _e Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Friday	Main Meals	Vegetables
	Sausages (G,SU) with Mash (MK) Organic Penne (G) with Tomato & Basil Sauce (g) V _e	Peas & Cauliflower V _e Dessert Fresh Fruit Platter V _e , Fresh Natural Yoghurt (SO, MK) with Fruit Puree V, Fruit Jelly V

Week 3: 19th Jul, 13th Sep, 4th Oct

Suitable for vegetarians

Allergen Key - CAPITAL LETTERS = contains, lower case = may contain

Celery and Celery Oil (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lactose (L), Milk (M), Nuts (N), Mustard (MU), Other Nuts (ON), Peanuts (P), Sesame Seeds (SE), Soy and Soy products (SO), Sulphites (SU)

BM2 Downsview After School

pabulum
THE BETTER GOOD FOOD