

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

## 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](http://www.schoolfoodplan.com)

Meat Free Monday	<b>Main Meals</b>	Chargrilled Vegetarian Fajitas with Hand Cut Cajun Spiced Potato Wedges ✓	<b>Vegetables</b>	Carrots & Garden Peas ✓	
		Five Bean Chilli with Lime Infused Brown Rice ✓	<b>Dessert</b>	Caramelised Apple & Raisin Crumble with Custard ✓	
		Pasta with Tomato & Basil Sauce ✓			
	Tuesday	<b>Main Meals</b>	Mild Chicken Masala with Yellow Rice	<b>Vegetables</b>	Broccoli & Sweetcorn ✓
			Country Vegetable Cottage Pie Topped with Herby Sweet Potato ✓	<b>Dessert</b>	Sticky Ginger Cake with Custard ✓
Wednesday	<b>Main Meals</b>	Slow Roasted Gammon, Apple & Rosemary Chutney, Traditional Gravy with Roast Potatoes	<b>Vegetables</b>	Roasted Seasonal Root Vegetables & Seasonal Cabbage ✓	
		Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans ✓	<b>Dessert</b>	Vanilla Shortbread Biscuit ✓	
Thursday	<b>Main Meals</b>	British Beef Burger in a Bun with Homemade BBQ Relish & New Potatoes	<b>Vegetables</b>	Classic Coleslaw & Sliced Tomato Salad ✓	
		Red Lentil & Cheese Loaf with a Rich Tomato Sauce & New Potatoes ✓	<b>Dessert</b>	Traditional Lemon Sponge with Custard ✓	
Friday	<b>Main Meals</b>	Fish Fingers & Chips with Tartar Sauce	<b>Vegetables</b>	Baked Beans & Garden Peas ✓	
		Free Range Egg, Cheese & Vegetable Frittata ✓	<b>Dessert</b>	Raspberrry Ripple Ice Cream ✓	
Available Every Day	<b>Salad Bar</b>	<ul style="list-style-type: none"> <li>Mediterranean Bean with Orzo Pasta &amp; Mint ✓</li> <li>Potato Salad with French Dressing ✓</li> <li>Asian Coleslaw ✓</li> <li>Sweet Chilli, Watermelon &amp; Mint Salad ✓</li> <li>Grated Carrot, Cucumber Sticks, Sweetcorn,</li> <li>Mixed Leaf &amp; Tomato Salad ✓</li> </ul>	<b>Freshly Baked Bread</b>	<ul style="list-style-type: none"> <li>Chickpea &amp; Coriander Masala ✓</li> <li>Wholemeal ✓</li> </ul>	
			<b>Dessert</b>	Fresh Fruit Platter ✓	

Meat Free Monday	<b>Main Meals</b>	Mediterranean Tagine with Mixed Barley & Cous Cous ✓	<b>Vegetables</b>	Chopped House Salad & Sweetcorn ✓
		Ultimate Mac & Cheese ✓	<b>Dessert</b>	Pear & Apple Oaty Crumble with Custard ✓
Tuesday	<b>Main Meals</b>	Farm Assured British Beef Lasagne with a Garlic Bread Shard	<b>Vegetables</b>	Seasonal Shredded Cabbage & Carrots ✓
		Sweet Potato & Chickpea Korma with Citrus Infused Rice ✓	<b>Dessert</b>	Chocolate Beetroot Brownie ✓
Wednesday	<b>Main Meals</b>	Honey Glazed Garlic & Lemon Infused British Roast Chicken, Traditional Gravy with Roast Potatoes	<b>Vegetables</b>	Roasted Seasonal Root Vegetables & Garden Peas ✓
		Roasted Aubergine & Sweet Cherry Tomato Moussaka ✓	<b>Dessert</b>	Raspberrry Ripple Ice Cream ✓
Thursday	<b>Main Meals</b>	British Cumberland Sausages with Bubble & Squeak Mash in a Yorkshire Pudding with Onion Gravy	<b>Vegetables</b>	Broccoli & Carrots ✓
		Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice ✓	<b>Dessert</b>	Traditional Sultana Sponge with Custard ✓
Friday	<b>Main Meals</b>	Battered Cod & Chips with Tartar Sauce	<b>Vegetables</b>	Baked Beans & Garden Peas ✓
		Mexican Bean Burger with Lime Yoghurt & Salsa Roja ✓	<b>Dessert</b>	Maryland Cookie ✓
Available Every Day	<b>Salad Bar</b>	<ul style="list-style-type: none"> <li>Mexican Mixed Bean &amp; Pasta Salad ✓</li> <li>Crunchy Apple &amp; Potato Salad ✓</li> <li>Red Cabbage &amp; Pineapple Slaw ✓</li> <li>Rainbow Quinoa Salad with Pumpkin Seeds ✓</li> <li>Grated Carrot, Cucumber Sticks, Sweetcorn,</li> <li>Mixed Leaf &amp; Tomato Salad ✓</li> </ul>	<b>Freshly Baked Bread</b>	<ul style="list-style-type: none"> <li>Rosemary, Oat &amp; Caramelised Red Onion ✓</li> <li>Wholemeal ✓</li> </ul>
			<b>Dessert</b>	Fresh Fruit Platter ✓

Meat Free Monday	<b>Main Meals</b>	Cheese & Tomato Pizza with Hand Cut Potato Wedges ✓	<b>Vegetables</b>	Carrots & Sweetcorn ✓
		Vegetarian Sausages with Mashed Potato in a Yorkshire Pudding with Gravy ✓	<b>Dessert</b>	Summer Berry & Apple Crumble with Custard ✓
Tuesday	<b>Main Meals</b>	Slow Cooked Shredded British Pork Taco with Coriander Brown Rice & Apple Coleslaw	<b>Vegetables</b>	Peas & Cauliflower Florets ✓
		Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes ✓	<b>Dessert</b>	Orange & Courgette Sponge with Custard ✓
Wednesday	<b>Main Meals</b>	Farm Assured British Roast Beef, Yorkshire Pudding & Traditional Gravy with Rosemary Roast Potatoes	<b>Vegetables</b>	Roasted Seasonal Root Vegetables & Broccoli ✓
		Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw ✓	<b>Dessert</b>	Fruit Flapjack ✓
Thursday	<b>Main Meals</b>	Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy	<b>Vegetables</b>	Carrots & Green Beans ✓
		Spinach, Mushroom & Mozzarella Lasagne with a Garlic Bread Shard ✓	<b>Dessert</b>	Traditional Chocolate Sponge & Chocolate Sauce ✓
Friday	<b>Main Meals</b>	Fish Fingers & Chips with Tartar Sauce	<b>Vegetables</b>	Baked Beans & Garden Peas ✓
		Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto ✓	<b>Dessert</b>	Raspberrry Ripple Ice Cream ✓
Available Every Day	<b>Salad Bar</b>	<ul style="list-style-type: none"> <li>Tomato &amp; Basil Pasta Salad ✓</li> <li>Chickpea &amp; Butterbean Pesto Salad ✓</li> <li>Curried Rice &amp; Sultana Salad ✓</li> <li>Roasted Vegetables &amp; Giant Cous Cous Salad ✓</li> <li>Grated Carrot, Cucumber Sticks, Sweetcorn,</li> <li>Mixed Leaf &amp; Tomato Salad ✓</li> </ul>	<b>Freshly Baked Bread</b>	<ul style="list-style-type: none"> <li>Baked Bean, Tomato &amp; Basil ✓</li> <li>Wholemeal ✓</li> </ul>
			<b>Dessert</b>	Fresh Fruit Platter ✓

Week 1: 22 Apr, 13 May, 3 Jun, 24 Jun, 15 Jul, 2 Sep, 23 Sep, 14 Oct

Week 2: 29 Apr, 20 May, 10 Jun, 1 Jul, 22 Jul, 9 Sep, 30 Sep, 21 Oct

Week 3: 6 May, 27 May, 17 Jun, 8 Jul, 26 Aug, 16 Sep, 7 Oct