

# 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

### Main Meals

Macaroni Cheese with Crispy Ciabatta & Herb Crumb (G,SO,MK,e) **V**

Roasted Squash & Basil Risotto **Ve**

Jacket Potato with choice of toppings **V**

### Vegetables

Carrots & Green Beans **Ve**

### Dessert

Chocolate & Beetroot Sponge (G,E) **V**

Tuesday

### Main Meals

Chicken Tikka Masala (MU) with Rice

Chargrilled Vegetable Quesadilla (G,MU) with Rice **Ve**

Pasta (G) with a choice of toppings **V**

### Vegetables

Lentil Dhal (g) & Broccoli **Ve**

### Dessert

Courgette & Orange Cake (G,E) **V**

Wednesday

### Main Meals

Gammon with Orange & Herb Glaze served with Roasted Potatoes & Gravy

Spiced Moroccan Chickpea Curry with Lemon Couscous (G,SU,so) **Ve**

Jacket Potato with choice of toppings **V**

### Vegetables

Green Cabbage & Carrots **Ve**

### Dessert

Ice Cream (MK) with Fruit **V**

Thursday

### Main Meals

Beef Burger in a Bun (G,se)

Crispy Chickpea Burger in a Bun (G,MU,se) **Ve**

Pasta (G) with a choice of toppings **V**

### Vegetables

Sweetcorn & Coleslaw (G,MU) **Ve**

### Dessert

Apple & Oat Crumble (G) **V**

Friday

### Main Meals

Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips

Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla (G,MU) & Chips **Ve**

Jacket Potato with choice of toppings **V**

### Vegetables

Baked Beans & Peas **Ve**

### Dessert

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

MF Monday

### Main Meals

Margherita Pizza (G,MK) **V**

Mexican 5 Bean & Vegetable Tostada with Pomegranate (G,MU) **Ve**

Jacket Potato with choice of toppings **V**

### Vegetables

Coleslaw (G,MU) & Carrots **Ve**

### Dessert

Sticky Toffee Pudding (G,MK,E) **V**

Tuesday

### Main Meals

Classic Spaghetti (G) Beef Bolognese (g)

Sweet Potato Topped Vegetable Pie (g) **Ve**

Pasta (G) with a choice of toppings **V**

### Vegetables

Peas & Cauliflower **Ve**

### Dessert

Carrot & Ginger Sponge (G,E) **V**

Wednesday

### Main Meals

Herby Chicken Breast with Roasted New Potatoes, Stuffing (G) & Gravy

Mediterranean Vegetable Tart (G) **Ve**

Jacket Potato with choice of toppings **V**

### Vegetables

Carrots & Green Cabbage **Ve**

### Dessert

Chocolate Orange Cheesecake (G,MK) **V**

Thursday

### Main Meals

Cumberland Sausages (G,SU) with Mashed Potatoes (MK) & Onion Gravy

Vegetarian Sausages (G,SO,C,SU) with Steamed New Potatoes **Ve**

Pasta (G) with a choice of toppings **V**

### Vegetables

Roasted Seasonal Vegetables & Sweetcorn **Ve**

### Dessert

Peach Sponge Cake (G,E) **V**

Friday

### Main Meals

Battered Fish (G,F) with Homemade Tomato Ketchup (G) or Salmon Fishcake in a Bun (G,F,se) & Chips

Falafel & Carrot Wrap with Salsa (G,SU) & Chips **Ve**

Jacket Potato with choice of toppings **V**

### Vegetables

Baked Beans & Peas **Ve**

### Dessert

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: 7<sup>th</sup> Sep, 28<sup>th</sup> Sep, 19<sup>th</sup> Oct, 9<sup>th</sup> Nov, 30<sup>th</sup> Nov, 21<sup>st</sup> Dec, 11<sup>th</sup> Jan, 1<sup>st</sup> Feb, 22<sup>nd</sup> Feb, 15<sup>th</sup> Mar

MF Monday

### Main Meals

Roasted Tomato & Vegetable Cheesy Pasta (G,MK) **V**

Jackfruit Katsu Curry with Rice **Ve**

Jacket Potato with choice of toppings **V**

### Vegetables

Broccoli & Mixed Salad **Ve**

### Dessert

Caramelised Pineapple Sponge (G,E) **V**

Tuesday

### Main Meals

Mild Jerk Chicken with Rice & Peas

Vegetarian Spicy Special Fried Rice (G,SO) **Ve**

Pasta (G) with a choice of toppings **V**

### Vegetables

Sweetcorn **Ve**

### Dessert

Apple Pie Cinnamon Roll (G,SO,MK,e) **V**

Wednesday

### Main Meals

Roast Chicken served with Roasted Potatoes & Gravy

Tofu & Vegetable Noodle Stir Fry (SO) **Ve**

Jacket Potato with choice of toppings **V**

### Vegetables

Cauliflower & Peas **Ve**

### Dessert

Ice Cream (MK) with Fruit **V**

Thursday

### Main Meals

Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce (G) with Noodles (G,E)

Pitta Pizza topped with Houmous & Roasted Vegetables (G,SU) **Ve**

Pasta (G) with a choice of toppings **V**

### Vegetables

Green Beans **Ve**

### Dessert

Chocolate Shortbread Biscuit (G) **Ve**

Friday

### Main Meals

Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips

Homemade Crispy Vegetable Nuggets (G,MU) with Chips **Ve**

Jacket Potato with choice of toppings **V**

### Vegetables

Baked Beans & Peas **Ve**

### Dessert

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: 14<sup>th</sup> Sep, 5<sup>th</sup> Oct, 26<sup>th</sup> Oct, 16<sup>th</sup> Nov, 7<sup>th</sup> Dec, 28<sup>th</sup> Dec, 18<sup>th</sup> Jan, 8<sup>th</sup> Feb, 1<sup>st</sup> Mar, 22<sup>nd</sup> Mar

**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)

BM1

Available Every Day

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

August 2020

**pabulum**  
HONESTLY GOOD FOOD

All products are subject to availability.