

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

Meat Free Monday	Main Meals Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce (G,MK) with Hand Cut Potato Wedges V Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce (G,e,MK) V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	Vegetables Carrots & Garden Peas V Dessert Spiced Apple & Honey Oaty Crumble (G,mk) with Custard (MK) V Homemade Mousse (MK) V
	Main Meals Slow Cooked Beef Masala Curry (SO,MK,MU) with Turmeric Infused Rice Courgette Layered Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) V Organic Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Green Beans & Sweetcorn V Dessert Jam Sponge (G,E,mk,SU) with Custard (MK) V Jelly V
Tuesday	Main Meals Lemon & Thyme Roasted Chicken & Stuffing (G) with Roast Potatoes Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK) with Roast Potatoes V Wholemeal Pasta (G) with Beef Bolognese Sauce	Vegetables Roasted Seasonal Root Vegetables & Savoy Cabbage V Dessert Chocolate & Pear Sponge (G,E,mk) with Chocolate Custard (MK) V Homemade Mousse (MK) V
	Main Meals British Cumberland Sausages (G,SU) with Mashed Potato (MK), Sage & Red Onion Gravy in a Yorkshire Pudding (G,E,MK) Butterbean & Mushroom Stroganoff (MK) with Pearl Barley Rice (G) V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables BBQ Smoky Beans & Carrots V Dessert Cinnamon & Apple Shortcrust Pastry Pie (G,MK) with Vanilla Ice Cream (MK) V Jelly V
Wednesday	Main Meals Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V Organic Pasta (G) with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
	Main Meals Honey Roast Glazed Gammon & Sweet Pineapple Salsa with Roast Potatoes Five Bean & Barley Cassoulet (G) with Fresh Herb Dumplings (G,mk) V Wholemeal Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V	Vegetables Roasted Seasonal Root Vegetables & Garden Peas V Dessert Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V Homemade Mousse (MK) V
Thursday	Main Meals Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Jelly V
	Main Meals Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU) Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie (G,E,mk) V Homemade Mousse (MK) V
Friday	Main Meals Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU) Cheddar & Onion Swirl (G,MK) with Chips V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Baked Beans & Garden Peas V Dessert Vanilla Shortbread Biscuit (G) V Homemade Mousse (MK) V
	Salad Bar Mexican Mixed Bean & Pasta Salad (G) V Traditional Potato Salad (E) V Asian Noodle Coleslaw (G,SO,E) V Sweet Chilli Watermelon & Mint Salad V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	Freshly Baked Bread Pumpkin & Carrot (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V Dessert Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

Meat Free Monday	Main Meals Cheese & Tomato Pizza (G,MK) with Hand Cut Potato Wedges V Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella (G,MK,SU) V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	Vegetables Boston Baked Beans & Sweetcorn V Dessert Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V Homemade Mousse (MK) V
	Main Meals Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V Organic Pasta (G) with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
Tuesday	Main Meals Lemon & Thyme Roasted Chicken & Stuffing (G) with Roast Potatoes Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK) with Roast Potatoes V Wholemeal Pasta (G) with Beef Bolognese Sauce	Vegetables Roasted Seasonal Root Vegetables & Garden Peas V Dessert Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V Homemade Mousse (MK) V
	Main Meals Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Jelly V
Wednesday	Main Meals Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V Organic Pasta (G) with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
	Main Meals Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU) Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie (G,E,mk) V Homemade Mousse (MK) V
Thursday	Main Meals Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU) Cheddar & Onion Swirl (G,MK) with Chips V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Baked Beans & Garden Peas V Dessert Vanilla Shortbread Biscuit (G) V Homemade Mousse (MK) V
	Salad Bar Mediterranean Orzo Pasta & Barley Salad (G) V Crunchy Apple & Potato Salad (E) V Red Cabbage & Pineapple Slaw (E) V Spinach, Basil & Tomato Quinoa Salad (G,MU) V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	Freshly Baked Bread Cheesy Oat, Courgette & Thyme (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V Dessert Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

Meat Free Monday	Main Meals Vegetarian Bolognese Sauce (G,SO) with Herby Spaghetti (G,mk) V Red Lentil & Cheese Loaf (G,E,SO,se,MK) with a Rich Tomato Sauce & Hand Cut Potato Wedges V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	Vegetables Broccoli & Carrots V Dessert Poached Pear & Apple Crumble (G,mk) with Custard (MK) V Jelly V
	Main Meals Chargrilled Spicy Chicken Fajitas (G) with Mexican Rice Linda McCartney Sausages (G,SO,SU) with Mashed Potato (MK) & Caramelised Red Onion Gravy in a Yorkshire Pudding (G,E,MK) V Organic Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V	Vegetables Mixed Peas & Sweetcorn V Dessert Sticky Toffee Pudding (G,E,MK) with Custard (MK) V Homemade Mousse (MK) V
Tuesday	Main Meals Lemon & Thyme Roasted Chicken & Stuffing (G) with Roast Potatoes Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK) with Roast Potatoes V Wholemeal Pasta (G) with Beef Bolognese Sauce	Vegetables Roasted Seasonal Root Vegetables & Garden Peas V Dessert Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V Homemade Mousse (MK) V
	Main Meals Classic British Beef Burger (G,E,SO,se,SU,C) with Hand Cut Potato Wedges Sweet & Spiced Potato & Chickpea Keralan Curry (MU) with Lemon Infused Rice V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots, Cauliflower & Green Beans V Dessert Apple & Blackcurrant Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Homemade Mousse (MK) V
Wednesday	Main Meals Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V Organic Pasta (G) with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
	Main Meals Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU) Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie (G,E,mk) V Homemade Mousse (MK) V
Thursday	Main Meals Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU) Cheddar & Onion Swirl (G,MK) with Chips V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Baked Beans & Garden Peas V Dessert Vanilla Shortbread Biscuit (G) V Homemade Mousse (MK) V
	Main Meals Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V Organic Pasta (G) with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
Friday	Main Meals Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU) Cheddar & Onion Swirl (G,MK) with Chips V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Baked Beans & Garden Peas V Dessert Vanilla Shortbread Biscuit (G) V Homemade Mousse (MK) V
	Salad Bar Tomato & Basil Pasta Salad (G) V Sweet Potato & Chickpea Pesto Salad (MK) V Traditional Coleslaw (E) V Giant Cous Cous with Feta Cheese & Mint (G,MK,MU) V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	Freshly Baked Bread Sunflower, Rosemary & Tomato (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V Dessert Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

Week 1: 29 Oct, 19 Nov, 10 Dec, 31 Dec, 21 Jan, 11 Feb, 4 Mar, 25 Mar

Week 2: 5 Nov, 26 Nov, 17 Dec, 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr

Week 3: 12 Nov, 3 Dec, 24 Dec, 14 Jan, 4 Feb, 25 Feb, 18 Mar

SM1 V - Suitable for vegetarians P - Plant based items. MAY CONTAINS ARE SPECIFIED BY lower case letters.

Allergen Key: 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)

pabulummm
HONESTLY GOOD FOOD