

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

Main Meals
 Chargrilled Vegetarian Fajitas with Hand Cut Cajun Spiced Potato Wedges V
 Five Bean Chili with Lime Infused Brown Rice V
 Pasta with Tomato & Basil Sauce V

Vegetables
 Carrots & Garden Peas V

Dessert
 Caramelised Apple & Raisin Crumble with Custard V

Main Meals
 Mild Chicken Masala with Yellow Rice
 Country Vegetable Cottage Pie Topped with Herby Sweet Potato V
 Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
 Broccoli & Sweetcorn V

Dessert
 Sticky Ginger Cake with Custard V

Main Meals
 Slow Roasted Gammon, Apple & Rosemary Chutney, Traditional Gravy with Roast Potatoes
 Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans V
 Wholemeal Pasta with Tomato & Basil Sauce V

Vegetables
 Roasted Seasonal Root Vegetables & Seasonal Cabbage V

Dessert
 Vanilla Shortbread Biscuit V

Main Meals
 British Beef Burger in a Bun with Homemade BBQ Relish & New Potatoes
 Red Lentil & Cheese Loaf with a Rich Tomato Sauce & New Potatoes V
 Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
 Classic Coleslaw & Sliced Tomato Salad V

Dessert
 Traditional Lemon Sponge with Custard V

Main Meals
 Fish Fingers & Chips with Tartar Sauce
 Free Range Egg, Cheese & Vegetable Frittata V
 Pasta with Tomato & Basil Sauce & Grated Cheese V

Vegetables
 Baked Beans & Garden Peas V

Dessert
 Raspberry Ripple Ice Cream V

Salad Bar
 Mediterranean Bean with Orzo Pasta & Mint V
 Potato Salad with French Dressing V
 Asian Coleslaw V
 Sweet Chili, Watermelon & Mint Salad V
 Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V

Freshly Baked Bread
 Chickpea & Coriander Masala V
 Wholemeal V
Dessert
 Fresh Fruit Platter V

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

Main Meals
 Mediterranean Tagine with Mixed Barley & Cous Cous V
 Ultimate Mac & Cheese V
 Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
 Chopped House Salad & Sweetcorn V

Dessert
 Pear & Apple Oaty Crumble with Custard V

Main Meals
 Farm Assured British Beef Lasagne with a Garlic Bread Shard
 Sweet Potato & Chickpea Korma with Citrus Infused Rice V
 Pasta with Tomato & Basil Sauce V

Vegetables
 Seasonal Shredded Cabbage & Carrots V

Dessert
 Chocolate Beetroot Brownie V

Main Meals
 Honey Glazed Garlic & Lemon Infused British Roast Chicken, Traditional Gravy with Roast Potatoes
 Roasted Aubergine & Sweet Cherry Tomato Moussaka V
 Wholemeal Pasta with Tomato & Basil Sauce V

Vegetables
 Roasted Seasonal Root Vegetables & Garden Peas V

Dessert
 Raspberry Ripple Ice Cream V

Main Meals
 British Cumberland Sausages with Bubble & Squeak Mash in a Yorkshire Pudding with Onion Gravy
 Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice V
 Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
 Broccoli & Carrots V

Dessert
 Traditional Sultana Sponge with Custard V

Main Meals
 Battered Cod & Chips with Tartar Sauce
 Mexican Bean Burger with Lime Yoghurt & Salsa Roja V
 Jacket Potato with Salmon Mayonnaise or Cheddar Cheese

Vegetables
 Baked Beans & Garden Peas V

Dessert
 Maryland Cookie V

Salad Bar
 Mexican Mixed Bean & Pasta Salad V
 Crunchy Apple & Potato Salad V
 Red Cabbage & Pineapple Slaw V
 Rainbow Quinoa Salad with Pumpkin Seeds V
 Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V

Freshly Baked Bread
 Rosemary, Oat & Caramelised Red Onion V
 Wholemeal V
Dessert
 Fresh Fruit Platter V

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

Main Meals
 Cheese & Tomato Pizza with Hand Cut Potato Wedges V
 Vegetarian Sausages with Mashed Potato in a Yorkshire Pudding with Gravy V
 Pasta with Tomato & Basil Sauce V

Vegetables
 Carrots & Sweetcorn V

Dessert
 Summer Berry & Apple Crumble with Custard V

Main Meals
 Slow Cooked Shredded British Pork Taco with Coriander Brown Rice & Apple Coleslaw
 Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes V
 Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
 Peas & Cauliflower Florets V

Dessert
 Orange & Courgette Sponge with Custard V

Main Meals
 Farm Assured British Roast Beef, Yorkshire Pudding & Traditional Gravy with Rosemary Roast Potatoes
 Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw V
 Wholemeal Pasta with Tomato & Basil Sauce V

Vegetables
 Roasted Seasonal Root Vegetables & Broccoli V

Dessert
 Fruit Flapjack V

Main Meals
 Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy
 Spinach, Mushroom & Mozzarella Lasagne with a Garlic Bread Shard V
 Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
 Carrots & Green Beans V

Dessert
 Traditional Chocolate Sponge & Chocolate Sauce V

Main Meals
 Fish Fingers & Chips with Tartar Sauce
 Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto V
 Pasta with Tomato & Basil Sauce V

Vegetables
 Baked Beans & Garden Peas V

Dessert
 Raspberry Ripple Ice Cream V

Salad Bar
 Tomato & Basil Pasta Salad V
 Chickpea & Butterbean Pesto Salad V
 Curried Rice & Sultana Salad V
 Roasted Vegetables & Giant Cous Cous Salad V
 Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V

Freshly Baked Bread
 Baked Bean, Tomato & Basil V
 Wholemeal V
Dessert
 Fresh Fruit Platter V

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

V - Suitable for vegetarians PB - Plant based items. For more information please see back of the menu

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