

# 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**  
Margarita Pizza with Potato Salad **V**  
Sweet Potato & Vegetable Dhal with Rice **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese **V**

**Vegetables**  
Sweetcorn & Green Beans **Ve**

**Dessert**  
Cinnamon & Sultana Bread & Butter Pudding with Custard **Ve**

**Tuesday**

**Main Meals**  
Beef Burger in a Bun with Oven Baked Wedges  
Vegetarian Burger in a Bun with Oven Baked Wedges **Ve**  
Pasta with Tomato & Basil Sauce **Ve**

**Vegetables**  
Peas **Ve** & Coleslaw **V**

**Dessert**  
Marble Sponge with Custard **V**

**Wednesday**

**Main Meals**  
Roast Chicken Fillets in Tomato Sauce with Roast Potatoes  
Chick Pea & Cauliflower Bake with Roast Potatoes **Ve**  
Wholemeal Pasta with Cheese Sauce **V**

**Vegetables**  
Carrots & Cabbage **Ve**

**Dessert**  
Waffles with Berry Compote **V**

**Thursday**

**Main Meals**  
Chicken & Beef Sausage with Mashed Potato & Gravy  
Vegan Mince & Vegetable Pie topped with Mashed Potato **Ve**  
Jacket Potato with Tuna Mayonnaise or Cheese **V**

**Vegetables**  
Broccoli & Sweetcorn **Ve**

**Dessert**  
Carrot Cake **V**

**Friday**

**Main Meals**  
Oven Baked Fish Fingers with Oven Baked Chips  
Vegetable Fingers with Oven Baked Chips **Ve**  
Pasta with Tomato & Basil Sauce **Ve**

**Vegetables**  
Baked Beans & Peas **Ve**

**Dessert**  
Pear & Berry Crumble **Ve** with Custard **V**

**Freshly Baked Bread:**  
Pumpkin & Carrot **V** Wholemeal **V**

**Week 1:**  
1<sup>st</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec, 3<sup>rd</sup> Jan, 24<sup>th</sup> Jan, 14<sup>th</sup> Feb, 7<sup>th</sup> Mar, 28<sup>th</sup> Mar

**MF Monday**

**Main Meals**  
Mac n Cheese with Garlic Bread **V**  
Vegetable & Bean Stew **Ve** with Garlic Bread **V**  
Jacket Potato with Tuna Mayonnaise or Cheese **V**

**Vegetables**  
Broccoli Florets & Carrots **Ve**

**Dessert**  
Homemade Fruit Yoghurt **V** and Fresh Fruit Platter **Ve**

**Tuesday**

**Main Meals**  
Chicken Fajita with Rice  
Vegetable Fajita with Rice **Ve**  
Wholemeal Pasta with Cheese Sauce **V**

**Vegetables**  
Green Beans & Sweetcorn **Ve**

**Dessert**  
Sticky Toffee Pudding with Toffee Sauce **V**

**Wednesday**

**Main Meals**  
Lemon & Thyme Roast Chicken Fillets with Roast Potatoes & Gravy  
Sweet Chilli & Vegetable Stirfry Noodles **V**  
Jacket Potatoes with Baked Beans **Ve** or Cheese **V**

**Vegetables**  
Cauliflower & Peas **Ve**

**Dessert**  
Orange & Lemon Drizzle Cake **Ve**

**Thursday**

**Main Meals**  
Sweet Potato Topped Cottage Pie  
Spinach, Courgette & Feta Filo Tart with Mashed Potato **V**  
Pasta with Tomato Sauce **Ve**

**Vegetables**  
Carrots & Cabbage **Ve**

**Dessert**  
Cherry Cookie **Ve**

**Friday**

**Main Meals**  
Battered Fish Fillets with Oven Baked Chips  
Vegan Bean Burrito with Oven Baked Chips **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese **V**

**Vegetables**  
Baked Beans & Peas **Ve**

**Dessert**  
Chocolate & Courgette Sponge with Chocolate Sauce **V**

**Freshly Baked Bread:**  
Courgette, Oat & Thyme **V** Wholemeal **V**

**Week 2:**  
8<sup>th</sup> Nov, 29<sup>th</sup> Nov, 20<sup>th</sup> Dec, 10<sup>th</sup> Jan, 31<sup>st</sup> Jan, 21<sup>st</sup> Feb, 14<sup>th</sup> Mar, 4<sup>th</sup> Apr

**MF Monday**

**Main Meals**  
Quorn Sausages with Potato Wedges **V**  
Squash & Butterbean Curry **Ve** with Naan Bread **V**  
Pasta with Tomato & Basil Sauce **Ve**

**Vegetables**  
Peas & Cauliflower **Ve**

**Dessert**  
Homemade Fruit Yoghurt **V** and Fresh Fruit Platter **Ve**

**Tuesday**

**Main Meals**  
Beef Chilli Con Carne with Rice  
Vegan Chilli Con Carne with Rice **Ve**  
Jacket Potato with Tuna Mayonnaise or Cheese **V**

**Vegetables**  
Sweetcorn & Carrots **Ve**

**Dessert**  
Banana Flapjack **Ve**

**Wednesday**

**Main Meals**  
Herby Roast Chicken Fillets with Roast Potatoes & Gravy  
Vegan Sausage Loaf with Roast Potatoes & Gravy **Ve**  
Wholemeal Pasta with Creamy Salmon or Cheese Sauce **V**

**Vegetables**  
Green Cabbage & Roasted Root Vegetables **Ve**

**Dessert**  
Maryland Sultana Cookie **V**

**Thursday**

**Main Meals**  
Turkey Vegetable Casserole with Pasta  
Roasted Ratatouille Pasta Bake **V**  
Jacket Potatoes with Baked Beans **Ve** or Cheese **V**

**Vegetables**  
Green Beans & Carrots **Ve**

**Dessert**  
Vanilla Shortbread **Ve** with Homemade Lemon Curd **V**

**Friday**

**Main Meals**  
Oven Baked Fish Fingers with Oven Baked Chips  
Spinach & Tomato Pastry Pocket with Oven Baked Chips **V**  
Pasta with Cheese Sauce **V**

**Vegetables**  
Baked Beans & Peas **Ve**

**Dessert**  
Chocolate & Beetroot Brownie **V**

**Freshly Baked Bread:**  
Sunflower, Rosemary & Tomato **V** Wholemeal **V**

**Week 3:**  
15<sup>th</sup> Nov, 6<sup>th</sup> Dec, 27<sup>th</sup> Dec, 17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 28<sup>th</sup> Feb, 21<sup>st</sup> Mar

**V** - Suitable for vegetarians  
**Ve** - Suitable for vegans & vegetarians

**Available Every Day**  
Fresh Fruit Platter **Ve**  
Homemade Fruit Yoghurt **V**

**Pabulum Salad Bar**  
Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

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November 2021

All products are subject to availability.