

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 Cheese & Tomato Pizza (G,MK) with Hand Cut Potato Wedges V Pasta (G) with Tomato & Basil Sauce (g) or Cheese Sauce (G,MK) V	Vegetables Garden Peas & Traditional Coleslaw (E) V Dessert Chocolate & Pear Sponge (G,E,mk) with Chocolate Sauce (MK) V
Tuesday	Main Meals Slow Cooked Beef Masala Curry (SO,MK,MU) with Yellow Rice or a Chapati Bread (G) Chickpea & Pineapple Raita Wrap (G,MK,SO) V Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)	Vegetables Sweetcorn & Roasted Cauliflower V Dessert Ice Cream (MK) V
Wednesday	Main Meals Lemon & Thyme Infused Roasted British Chicken & Roast Potatoes with Traditional Gravy Lentil, Tomato & Potato Balti (g) V Wholemeal Pasta (G) with Vegetarian Bolognese Sauce (G,SO) V	Vegetables Roasted Seasonal Root Vegetables & Cabbage V Dessert Apple & Honey Oaty Crumble (G) with Custard (MK) V
Thursday	Main Meals British Cumberland Sausages (G,SU) with Mashed Potato (MK) in a Yorkshire Pudding (G,MK,E) & Red Onion Gravy Vegetarian Yorkshire Pudding Cottage Pie (G,SO,MK,E) with Red Onion Gravy V Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)	Vegetables Carrots & Green Beans V Dessert Pineapple Upside Down Sponge (G,E,mk) with Custard (MK) V
Friday	Main Meals Fish Fingers (G,F) & Chips Pasta (G) with Tomato & Basil Sauce (g) V	Vegetables Baked Beans & Garden Peas V Dessert Shortbread Biscuit (G) V
Freshly Baked Bread - Pumpkin & Carrot (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V Everyday Dessert - Fresh Fruit Platter V		
Week 1: 4 th Nov, 25 th Nov, 16 th Dec, 20 th Jan, 10 th Feb, 9 th Mar, 30 th Mar		

Meat Free Monday	Main Meals Vegetarian Lasagne (G,SO,MK,e) with Hand Cut Potato Wedges V Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)	Vegetables Garden Peas & Sweetcorn V Dessert Ice Cream (MK) V
Tuesday	Main Meals British Chicken & Vegetable Pie (G,MK) with Mashed Potato (MK) & Gravy Sweet & Spiced Potato & Chickpea Curry (MU) with Lemon Infused Rice V Pasta (G) with Vegetarian Bolognese Sauce (G,SO) V	Vegetables Carrots & Broccoli V Dessert Apple & Cinnamon Crumble (G) with Custard (MK) V
Wednesday	Main Meals Honey Glazed Slow Roasted Gammon & Rosemary Roast Potatoes with Traditional Gravy Spinach, Feta & Tomato Quiche (G,MK,E) with Rosemary Roast Potatoes V Wholemeal Pasta (G) with Tomato & Basil Sauce (g) V	Vegetables Roasted Seasonal Root Vegetables & Garden Peas V Dessert Waffle with (G,SO,MK,E) Chocolate Sauce (MK) V
Thursday	Main Meals Farm Assured British Beef Lasagne (G,MK,e) with a Garlic Bread Shard (G,MK,SO,e) Chilli Non Carne (g) & Mexican Rice with a Taco Sail (g) V Jacket Potato with Cheddar Cheese (MK) or Salmon Mayonnaise (F,E)	Vegetables Green Beans & Sweetcorn V Dessert Jam Sponge (G,E,SU,mk) with Custard (MK) V
Friday	Main Meals Battered Fish (G,F) & Chips Pasta (G) with Vegetarian Bolognese Sauce (G,SO) V	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie (G,E) V
Freshly Baked Bread - Courgette, Oat & Thyme (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V Everyday Dessert - Fresh Fruit Platter V		
Week 2: 11 th Nov, 2 nd Dec, 6 th Jan, 27 th Jan, 24 th Feb, 16 th Mar		

Meat Free Monday	Main Meals Vegetarian Sausages (G,SO,SU) with Mashed Potato (MK) & Red Onion Gravy V Pasta (G) with Tomato & Basil Sauce (g) or Cheese Sauce (G,MK) V	Vegetables Carrots & Garden Peas V Dessert Marbled Sponge (G,E,mk) with Custard (MK) V
Tuesday	Main Meals Chilli Con Carne (g) & Mexican Rice with a Taco Sail (g) Baked Sweet Potato & Spinach Pasta in a Mozzarella Cheese Sauce (G,MK) V Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)	Vegetables Cauliflower & Green Beans V Dessert Ice Cream (MK) V
Wednesday	Main Meals British Roast Chicken, Sage & Onion Stuffing (G) & Roast Potatoes with Traditional Gravy Five Bean Enchilada Casserole (G,MK) with Roast Potatoes V Wholemeal Pasta (G) with Vegetarian Bolognese Sauce (G,SO) V	Vegetables Roasted Seasonal Root Vegetables & Broccoli V Dessert Poached Apple & Pear Crumble (G) with Custard (MK) V
Thursday	Main Meals British Beef Burger in a Bun (G,SO,C,SU,se) with Homemade Tomato Relish & Hand Cut Potato Wedges Vegetarian Burger in a Bun (G,se) with Homemade Tomato Relish & Hand Cut Potato Wedges V Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)	Vegetables Sweetcorn & BBQ Coleslaw (G,E) V Dessert Carrot Cake (G,E,mk) with Custard (MK) V
Friday	Main Meals Fish Fingers (G,F) & Chips Pasta (G) with Tomato & Basil Sauce (g) V	Vegetables Baked Beans & Garden Peas V Dessert Baked Banana Flapjack (G) V
Freshly Baked Bread - Sunflower, Rosemary & Tomato (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V Everyday Dessert - Fresh Fruit Platter V		
Week 3: 28 th Oct, 18 th Nov, 9 th Dec, 15 th Jan, 3 rd Feb, 2 nd Mar, 23 rd Mar		

V - Suitable for vegetarians

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)

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