

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

Cheese & Tomato Pizza with Hand Cut Potato Wedges V
Pasta with Tomato & Basil Sauce or Cheese Sauce V

Vegetables

Garden Peas & Traditional Coleslaw V

Dessert

Chocolate & Pear Sponge with Chocolate Sauce V

Meat Free Monday

Main Meals

Vegetarian Lasagne with Hand Cut Potato Wedges V
Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables

Garden Peas & Sweetcorn V

Dessert

Ice Cream V

Main Meals

Vegetarian Sausages with Mashed Potato & Red Onion Gravy V

Pasta with Tomato & Basil Sauce or Cheese Sauce V

Vegetables

Carrots & Garden Peas V

Dessert

Marbled Sponge with Custard V

Meat Free Monday

Main Meals

Slow Cooked Beef Masala Curry with Yellow Rice or a Chapati Bread
Chickpea & Pineapple Raita Wrap V
Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables

Sweetcorn & Roasted Cauliflower V

Dessert

Ice Cream V

Main Meals

British Chicken & Vegetable Pie with Mashed Potato & Gravy
Sweet & Spiced Potato & Chickpea Curry with Lemon Infused Rice V
Pasta with Vegetarian Bolognese Sauce V

Vegetables

Carrots & Broccoli V

Dessert

Apple & Cinnamon Crumble with Custard V

Main Meals

Chilli Con Carne & Mexican Rice with a Taco Sail
Baked Sweet Potato & Spinach Pasta in a Mozzarella Cheese Sauce V
Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables

Cauliflower & Green Beans V

Dessert

Ice Cream V

Meat Free Monday

Main Meals

Lemon & Thyme Infused Roasted British Chicken & Roast Potatoes with Traditional Gravy
Lentil, Tomato & Potato Balti V
Wholemeal Pasta with Vegetarian Bolognese Sauce V

Vegetables

Roasted Seasonal Root Vegetables & Cabbage V

Dessert

Apple & Honey Oaty Crumble with Custard V

Main Meals

Honey Glazed Slow Roasted Gammon & Rosemary Roast Potatoes with Traditional Gravy
Spinach, Feta & Tomato Quiche with Rosemary Roast Potatoes V
Wholemeal Pasta with Tomato & Basil Sauce V

Vegetables

Roasted Seasonal Root Vegetables & Garden Peas V

Dessert

Waffle with Chocolate Sauce V

Main Meals

British Roast Chicken, Sage & Onion Stuffing & Roast Potatoes with Traditional Gravy
Five Bean Enchilada Casserole with Roast Potatoes V
Wholemeal Pasta with Vegetarian Bolognese Sauce V

Vegetables

Roasted Seasonal Root Vegetables & Broccoli V

Dessert

Poached Apple & Pear Crumble with Custard V

Main Meals

British Cumberland Sausages with Mashed Potato in a Yorkshire Pudding & Red Onion Gravy
Vegetarian Yorkshire Pudding Cottage Pie with Red Onion Gravy V
Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables

Carrots & Green Beans V

Dessert

Pineapple Upside Down Sponge with Custard V

Main Meals

Farm Assured British Beef Lasagne with a Garlic Bread Shard
Chilli Non Carne & Mexican Rice with a Taco Sail V
Jacket Potato with Cheddar Cheese or Salmon Mayonnaise

Vegetables

Green Beans & Sweetcorn V

Dessert

Jam Sponge with Custard V

Main Meals

British Beef Burger in a Bun with Homemade Tomato Relish & Hand Cut Potato Wedges
Vegetarian Burger in a Bun with Homemade Tomato Relish & Hand Cut Potato Wedges V
Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables

Sweetcorn & BBQ Coleslaw V

Dessert

Carrot Cake with Custard V

Meat Free Monday

Main Meals

Fish Fingers & Chips
Pasta with Tomato & Basil Sauce V

Vegetables

Baked Beans & Garden Peas V

Dessert

Shortbread Biscuit V

Main Meals

Battered Fish & Chips
Pasta with Vegetarian Bolognese Sauce V

Vegetables

Baked Beans & Garden Peas V

Dessert

Chocolate & Beetroot Brownie V

Main Meals

Fish Fingers & Chips
Pasta with Tomato & Basil Sauce V

Vegetables

Baked Beans & Garden Peas V

Dessert

Baked Banana Flapjack V

Freshly Baked Bread - Pumpkin & Carrot V Wholemeal V

Everyday Dessert - Fresh Fruit Platter V

Week 1: 4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 9th Mar, 30th Mar

Freshly Baked Bread - Courgette, Oat & Thyme V Wholemeal V

Everyday Dessert - Fresh Fruit Platter V

Week 2: 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 16th Mar

Freshly Baked Bread - Sunflower, Rosemary & Tomato V Wholemeal V

Everyday Dessert - Fresh Fruit Platter V

Week 3: 28th Oct, 18th Nov, 9th Dec, 13th Jan, 3rd Feb, 2nd Mar, 23rd Mar

V - Suitable for vegetarians

Protein-rich 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.

All products are subject to availability.

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November 2019

pabulum
HONESTLY GOOD FOOD