

# 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**  
Macaroni Cheese with Crispy Ciabatta & Herb Crumb V  
Roasted Squash & Basil Risotto Ve  
Jacket Potato with choice of toppings V

**Vegetables**  
Carrots & Green Beans Ve

**Dessert**  
Chocolate & Beetroot Sponge V

**Tuesday**

**Main Meals**  
Chicken Tikka Masala with Rice  
Chargrilled Vegetable Quesadilla with Rice Ve  
Pasta with a choice of toppings V

**Vegetables**  
Lentil Dhal & Broccoli Ve

**Dessert**  
Courgette & Orange Cake V

**Wednesday**

**Main Meals**  
Gammon with Orange & Herb Glaze served with Roasted Potatoes & Gravy  
Spiced Moroccan Chickpea Curry with Lemon Couscous Ve  
Jacket Potato with choice of toppings V

**Vegetables**  
Green Cabbage & Carrots Ve

**Dessert**  
Ice Cream with Fruit V

**Thursday**

**Main Meals**  
Beef Burger in a Bun  
Crispy Chickpea Burger in a Bun Ve  
Pasta with a choice of toppings V

**Vegetables**  
Sweetcorn & Coleslaw Ve

**Dessert**  
Apple & Oat Crumble V

**Friday**

**Main Meals**  
Fish Fingers with Homemade Tomato Ketchup & Chips  
Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips Ve  
Jacket Potato with choice of toppings V

**Vegetables**  
Baked Beans & Peas Ve

**Dessert**  
Chocolate & Carrot Brownie V

**Freshly Baked Bread** - Pumpkin & Carrot V Wholemeal V  
**Jacket Potato Toppings** - Baked Beans Ve or Grated Cheese V  
**Pasta Toppings** - Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V

Week 1: 20<sup>th</sup> Apr, 11<sup>th</sup> May, 1<sup>st</sup> Jun, 22<sup>nd</sup> Jun, 13<sup>th</sup> Jul, 31<sup>st</sup> Aug, 21<sup>st</sup> Sep, 12<sup>th</sup> Oct

**MF Monday**

**Main Meals**  
Margherita Pizza V  
Mexican 5 Bean & Vegetable Tostada with Pomegranate Ve  
Jacket Potato with choice of toppings V

**Vegetables**  
Coleslaw & Carrots Ve

**Dessert**  
Sticky Toffee Pudding V

**Tuesday**

**Main Meals**  
Classic Spaghetti Beef Bolognese  
Sweet Potato Topped Vegetable Pie Ve  
Pasta with a choice of toppings V

**Vegetables**  
Peas & Cauliflower Ve

**Dessert**  
Carrot & Ginger Sponge V

**Wednesday**

**Main Meals**  
Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy  
Mediterranean Vegetable Tart Ve  
Jacket Potato with choice of toppings V

**Vegetables**  
Carrots & Green Cabbage Ve

**Dessert**  
Chocolate Orange Cheesecake V

**Thursday**

**Main Meals**  
Cumberland Sausages with Mashed Potatoes & Onion Gravy  
Vegetarian Sausages with Steamed New Potatoes Ve  
Pasta with a choice of toppings V

**Vegetables**  
Roasted Seasonal Vegetables & Sweetcorn Ve

**Dessert**  
Peach Sponge Cake V

**Friday**

**Main Meals**  
Battered Fish with Homemade Tomato Ketchup or Salmon Fishcake in a Bun & Chips  
Falafel & Carrot Wrap with Salsa & Chips Ve  
Jacket Potato with choice of toppings V

**Vegetables**  
Baked Beans & Peas Ve

**Dessert**  
Banana Flapjack Ve

**Freshly Baked Bread** - Courgette, Oat & Thyme V Wholemeal V  
**Jacket Potato Toppings** - Baked Beans Ve or Grated Cheese V  
**Pasta Toppings** - Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V

Week 2: 27<sup>th</sup> Apr, 18<sup>th</sup> May, 8<sup>th</sup> Jun, 29<sup>th</sup> Jun, 20<sup>th</sup> Jul, 7<sup>th</sup> Sep, 28<sup>th</sup> Sep, 19<sup>th</sup> Oct

### 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.

**MF Monday**

**Main Meals**  
Roasted Tomato & Vegetable Cheesy Pasta V  
Jackfruit Katsu Curry with Rice Ve  
Jacket Potato with choice of toppings V

**Vegetables**  
Broccoli & Mixed Salad Ve

**Dessert**  
Caramelised Pineapple Sponge V

**Tuesday**

**Main Meals**  
Mild Jerk Chicken with Rice & Peas  
Vegetarian Spicy Special Fried Rice Ve  
Pasta with a choice of toppings V

**Vegetables**  
Sweetcorn Ve

**Dessert**  
Apple Pie Cinnamon Roll V

**Wednesday**

**Main Meals**  
Roast Chicken served with Roasted Potatoes & Gravy  
Tofu & Vegetable Noodle Stir Fry Ve  
Jacket Potato with choice of toppings V

**Vegetables**  
Cauliflower & Peas Ve

**Dessert**  
Ice Cream with Fruit V

**Thursday**

**Main Meals**  
Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce with Noodles  
Pitta Pizza topped with Houmous & Roasted Vegetables Ve  
Pasta with a choice of toppings V

**Vegetables**  
Green Beans Ve

**Dessert**  
Chocolate Shortbread Biscuit Ve

**Friday**

**Main Meals**  
Fish Fingers with Homemade Tomato Ketchup & Chips  
Homemade Crispy Vegetable Nuggets with Chips Ve  
Jacket Potato with choice of toppings V

**Vegetables**  
Baked Beans & Peas Ve

**Dessert**  
Lemon Drizzle Cake V

**Freshly Baked Bread** - Sunflower, Rosemary & Tomato V Wholemeal V  
**Jacket Potato Toppings** - Baked Beans Ve or Grated Cheese V  
**Pasta Toppings** - Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V

Week 3: 13<sup>th</sup> Apr, 4<sup>th</sup> May, 25<sup>th</sup> May, 15<sup>th</sup> Jun, 6<sup>th</sup> Jul, 14<sup>th</sup> Sep, 5<sup>th</sup> Oct

V - Suitable for vegetarians  
Ve - Suitable for vegans & vegetarians  
All products are subject to availability.

**Available Every Day**  
Fresh Fruit Platter Ve  
Fresh Natural Yoghurt with Fruit Puree V