

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

Monday

Main Meals	Vegetables
Macaroni Cheese with Crispy Ciabatta & Herb Crumb (G,SO,MK,e) V	Carrots & Green Beans Ve
Roasted Squash & Basil Risotto Ve	Dessert
Jacket Potato with choice of toppings V	Chocolate & Beetroot Sponge (G,E) V

Tuesday

Main Meals	Vegetables
Chicken Tikka Masala (MU) with Rice	Lentil Dhal (g) & Broccoli Ve
Chargrilled Vegetable Quesadilla (G,MU) with Rice Ve	Dessert
Pasta (G) with a choice of toppings V	Courgette & Orange Cake (G,E) V

Wednesday

Main Meals	Vegetables
Gammon with Orange & Herb Glaze served with Roasted Potatoes & Gravy	Green Cabbage & Carrots Ve
Spiced Moroccan Chickpea Curry with Lemon Couscous (G,SU,so) Ve	Dessert
Jacket Potato with choice of toppings V	Ice Cream (MK) with Fruit V

Thursday

Main Meals	Vegetables
Beef Burger in a Bun (G,se)	Sweetcorn & Coleslaw (G,MU) Ve
Crispy Chickpea Burger in a Bun (G,MU,se) Ve	Dessert
Pasta (G) with a choice of toppings V	Apple & Oat Crumble (G) V

Friday

Main Meals	Vegetables
Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips	Baked Beans & Peas Ve
Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla (G,MU) & Chips Ve	Dessert
Jacket Potato with choice of toppings V	Chocolate & Carrot Brownie (G,E) V

Freshly Baked Bread - Pumpkin & Carrot (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**
Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese (MK) **V**
Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) **Ve** or Cheddar Cheese (MK) **V**

Week 1: 31st Aug, 21st Sep, 12th Oct, 1st Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar

Monday

Main Meals	Vegetables
Margherita Pizza (G,MK) V	Coleslaw (G,MU) & Carrots Ve
Mexican 5 Bean & Vegetable Tostada with Pomegranate (G,MU) Ve	Dessert
Jacket Potato with choice of toppings V	Sticky Toffee Pudding (G,MK,E) V

Tuesday

Main Meals	Vegetables
Classic Spaghetti (G) Beef Bolognese (g)	Peas & Cauliflower Ve
Sweet Potato Topped Vegetable Pie (g) Ve	Dessert
Pasta (G) with a choice of toppings V	Carrot & Ginger Sponge (G,E) V

Wednesday

Main Meals	Vegetables
Herby Chicken Breast with Roasted New Potatoes, Stuffing (G) & Gravy	Carrots & Green Cabbage Ve
Mediterranean Vegetable Tart (G) Ve	Dessert
Jacket Potato with choice of toppings V	Chocolate Orange Cheesecake (G,MK) V

Thursday

Main Meals	Vegetables
Cumberland Sausages (G,SU) with Mashed Potatoes (MK) & Onion Gravy	Roasted Seasonal Vegetables & Sweetcorn Ve
Vegetarian Sausages (G,SO,C,SU) with Steamed New Potatoes Ve	Dessert
Pasta (G) with a choice of toppings V	Peach Sponge Cake (G,E) V

Friday

Main Meals	Vegetables
Battered Fish (G,F) with Homemade Tomato Ketchup (G) or Salmon Fishcake in a Bun (G,F,se) & Chips	Baked Beans & Peas Ve
Falafel & Carrot Wrap with Salsa (G,SU) & Chips Ve	Dessert
Jacket Potato with choice of toppings V	Banana Flapjack (G) Ve

Freshly Baked Bread - Courgette, Oat & Thyme (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**
Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese (MK) **V**
Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) **Ve** or Cheddar Cheese (MK) **V**

Week 2: 7th Sep, 28th Sep, 19th Oct, 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb, 15th Mar

Monday

Main Meals	Vegetables
Roasted Tomato & Vegetable Cheesy Pasta (G,MK) V	Broccoli & Mixed Salad Ve
Jackfruit Katsu Curry with Rice Ve	Dessert
Jacket Potato with choice of toppings V	Caramelised Pineapple Sponge (G,E) V

Tuesday

Main Meals	Vegetables
Mild Jerk Chicken with Rice & Peas	Sweetcorn Ve
Vegetarian Spicy Special Fried Rice (G,SO) Ve	Dessert
Pasta (G) with a choice of toppings V	Apple Pie Cinnamon Roll (G,SO,MK,e) V

Wednesday

Main Meals	Vegetables
Roast Chicken served with Roasted Potatoes & Gravy	Cauliflower & Peas Ve
Tofu & Vegetable Noodle Stir Fry (SO) Ve	Dessert
Jacket Potato with choice of toppings V	Ice Cream (MK) with Fruit V

Thursday

Main Meals	Vegetables
Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce (G) with Noodles (G,E)	Green Beans Ve
Pitta Pizza topped with Houmous & Roasted Vegetables (G,SU) Ve	Dessert
Pasta (G) with a choice of toppings V	Chocolate Shortbread Biscuit (G) Ve

Friday

Main Meals	Vegetables
Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips	Baked Beans & Peas Ve
Homemade Crispy Vegetable Nuggets (G,MU) with Chips Ve	Dessert
Jacket Potato with choice of toppings V	Lemon Drizzle Cake (G,E,SU) V

Freshly Baked Bread - Sunflower, Rosemary & Tomato (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**
Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese (MK) **V**
Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) **Ve** or Cheddar Cheese (MK) **V**

Week 3: 14th Sep, 5th Oct, 26th Oct, 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb, 1st Mar, 22nd Mar

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

All products are subject to availability

Allergen Key - CAPITAL LETTERS = contains, lower case = may contain
 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 (PL), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BMI Available Every Day
 Fresh Fruit Platter **Ve**
 Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**
 August 2020
pabulum www.pabulum.co.uk
 HONESTLY GOOD FOOD