

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

MF Monday	Main Meals	Macaroni Cheese with Crispy Ciabatta & Herb Crumb (G,SO,MK,e) V	Roasted Squash & Basil Risotto Ve	Jacket Potato with a choice of toppings V	Vegetables	Carrots & Green Beans Ve	Dessert	Ice Cream (MK) with Fruit V	
	Main Meals	Chicken Tikka Masala (MU) with Rice	Halal Chicken Tikka Masala (MU) with Rice	Chargrilled Vegetable Quesadilla (G,MU) with Rice Ve	Pasta (G) with a choice of toppings V	Vegetables	Lentil Dhal (g) & Broccoli Ve	Dessert	Courgette & Orange Cake (G,E) V
Tuesday	Main Meals	Roasted Chicken with Roasted Potatoes & Gravy	Halal Roasted Chicken with Roasted Potatoes & Gravy	Spiced Moroccan Chickpea Curry with Lemon Couscous (G,SU,so) Ve	Jacket Potato with a choice of toppings V	Vegetables	Green Cabbage & Carrots Ve	Dessert	Chocolate Orange Cheesecake (G,MK) V
	Main Meals	Chicken Burger in a Bun (G,SO,MU,SU,se)	Halal Chicken Burger in a Bun (G,SO,MU,SU,se)	Crispy Chickpea Burger in a Bun (G,MU,se) Ve	Pasta (G) with a choice of toppings V	Vegetables	Sweetcorn & Coleslaw (G,MU) Ve	Dessert	Apple & Oat Crumble (G) V
Wednesday	Main Meals	Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips	Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla (G,MU) & Chips Ve	Jacket Potato with a choice of toppings V	Vegetables	Baked Beans & Peas Ve	Dessert	Chocolate & Carrot Brownie (G,E) V	
	Main Meals	Margherita Pizza (G,MK) V	Mexican 5 Bean & Vegetable Tostada with Pomegranate (G,MU) Ve	Jacket Potato with a choice of toppings V	Vegetables	Coleslaw (G,MU) & Carrots Ve	Dessert	Sticky Toffee Pudding (G,MK,E) V	
Thursday	Main Meals	Lamb Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e)	Halal Lamb Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e)	Vegetarian Sausages (G,SO,C,SU) with Steamed New Potatoes Ve	Pasta (G) with a choice of toppings V	Vegetables	Roasted Seasonal Vegetables & Sweetcorn Ve	Dessert	Peach Sponge Cake (G,E) V
	Main Meals	Battered Fish (G,F) with Homemade Tomato Ketchup (G) or Salmon Fishcake in a Bun (G,F,se) & Chips	Falafel & Carrot Wrap with Salsa (G,SU) & Chips Ve	Jacket Potato with a choice of toppings V	Vegetables	Baked Beans & Peas Ve	Dessert	Banana Flapjack (G) Ve	
Friday	Main Meals	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	Vegetables	Carrots & Green Cabbage Ve	Dessert	Ice Cream (MK) with Fruit V	
	Main Meals	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	Vegetables	Carrots & Green Beans Ve	Dessert	Ice Cream (MK) with Fruit V	

Week 1: 31st Aug, 21st Sep, 12th Oct, 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar

MF Monday	Main Meals	Macaroni Cheese with Crispy Ciabatta & Herb Crumb (G,SO,MK,e) V	Roasted Squash & Basil Risotto Ve	Jacket Potato with a choice of toppings V	Vegetables	Carrots & Green Beans Ve	Dessert	Ice Cream (MK) with Fruit V	
	Main Meals	Chicken Tikka Masala (MU) with Rice	Halal Chicken Tikka Masala (MU) with Rice	Chargrilled Vegetable Quesadilla (G,MU) with Rice Ve	Pasta (G) with a choice of toppings V	Vegetables	Lentil Dhal (g) & Broccoli Ve	Dessert	Courgette & Orange Cake (G,E) V
Tuesday	Main Meals	Roasted Chicken with Roasted Potatoes & Gravy	Halal Roasted Chicken with Roasted Potatoes & Gravy	Spiced Moroccan Chickpea Curry with Lemon Couscous (G,SU,so) Ve	Jacket Potato with a choice of toppings V	Vegetables	Green Cabbage & Carrots Ve	Dessert	Chocolate Orange Cheesecake (G,MK) V
	Main Meals	Chicken Burger in a Bun (G,SO,MU,SU,se)	Halal Chicken Burger in a Bun (G,SO,MU,SU,se)	Crispy Chickpea Burger in a Bun (G,MU,se) Ve	Pasta (G) with a choice of toppings V	Vegetables	Sweetcorn & Coleslaw (G,MU) Ve	Dessert	Apple & Oat Crumble (G) V
Wednesday	Main Meals	Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips	Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla (G,MU) & Chips Ve	Jacket Potato with a choice of toppings V	Vegetables	Baked Beans & Peas Ve	Dessert	Chocolate & Carrot Brownie (G,E) V	
	Main Meals	Margherita Pizza (G,MK) V	Mexican 5 Bean & Vegetable Tostada with Pomegranate (G,MU) Ve	Jacket Potato with a choice of toppings V	Vegetables	Coleslaw (G,MU) & Carrots Ve	Dessert	Sticky Toffee Pudding (G,MK,E) V	
Thursday	Main Meals	Lamb Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e)	Halal Lamb Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e)	Vegetarian Sausages (G,SO,C,SU) with Steamed New Potatoes Ve	Pasta (G) with a choice of toppings V	Vegetables	Roasted Seasonal Vegetables & Sweetcorn Ve	Dessert	Peach Sponge Cake (G,E) V
	Main Meals	Battered Fish (G,F) with Homemade Tomato Ketchup (G) or Salmon Fishcake in a Bun (G,F,se) & Chips	Falafel & Carrot Wrap with Salsa (G,SU) & Chips Ve	Jacket Potato with a choice of toppings V	Vegetables	Baked Beans & Peas Ve	Dessert	Banana Flapjack (G) Ve	
Friday	Main Meals	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	Vegetables	Carrots & Green Cabbage Ve	Dessert	Ice Cream (MK) with Fruit V	
	Main Meals	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	Vegetables	Carrots & Green Beans Ve	Dessert	Ice Cream (MK) with Fruit V	

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

MF Monday	Main Meals	Roasted Tomato & Vegetable Cheesy Pasta (G,MK) V	Jackfruit Katsu Curry with Rice Ve	Jacket Potato with a choice of toppings V	Vegetables	Broccoli & Mixed Salad Ve	Dessert	Caramelised Pineapple Sponge (G,E) V	
	Main Meals	Mild Jerk Chicken with Rice & Peas	Halal Mild Jerk Chicken with Rice & Peas	Vegetarian Spicy Special Fried Rice (G,SO) Ve	Pasta (G) with a choice of toppings V	Vegetables	Sweetcorn Ve	Dessert	Apple Pie Cinnamon Roll (G,SO,MK,e) V
Tuesday	Main Meals	Roast Chicken served with Roasted Potatoes & Gravy	Halal Roast Chicken served with Roasted Potatoes & Gravy	Tofu & Vegetable Noodle Stir Fry (SO) Ve	Jacket Potato with a choice of toppings V	Vegetables	Cauliflower & Peas Ve	Dessert	Ice Cream (MK) with Fruit V
	Main Meals	Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce (G) with Noodles (G,E)	Halal Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce (G) with Noodles (G,E)	Pitta Pizza topped with Houmous & Roasted Vegetables (G,SU) Ve	Pasta (G) with a choice of toppings V	Vegetables	Green Beans Ve	Dessert	Chocolate Shortbread Biscuit (G) Ve
Wednesday	Main Meals	Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips	Homemade Crispy Vegetable Nuggets (G,MU) with Chips Ve	Jacket Potato with a choice of toppings V	Vegetables	Baked Beans & Peas Ve	Dessert	Lemon Drizzle Cake (G,E,SU) V	
	Main Meals	Margherita Pizza (G,MK) V	Mexican 5 Bean & Vegetable Tostada with Pomegranate (G,MU) Ve	Jacket Potato with a choice of toppings V	Vegetables	Coleslaw (G,MU) & Carrots Ve	Dessert	Sticky Toffee Pudding (G,MK,E) V	
Thursday	Main Meals	Lamb Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e)	Halal Lamb Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e)	Vegetarian Sausages (G,SO,C,SU) with Steamed New Potatoes Ve	Pasta (G) with a choice of toppings V	Vegetables	Roasted Seasonal Vegetables & Sweetcorn Ve	Dessert	Peach Sponge Cake (G,E) V
	Main Meals	Battered Fish (G,F) with Homemade Tomato Ketchup (G) or Salmon Fishcake in a Bun (G,F,se) & Chips	Falafel & Carrot Wrap with Salsa (G,SU) & Chips Ve	Jacket Potato with a choice of toppings V	Vegetables	Baked Beans & Peas Ve	Dessert	Banana Flapjack (G) Ve	
Friday	Main Meals	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	Vegetables	Carrots & Green Beans Ve	Dessert	Ice Cream (MK) with Fruit V	
	Main Meals	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	Vegetables	Carrots & Green Beans Ve	Dessert	Ice Cream (MK) with Fruit 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

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 (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM3 HalalNon

August 2020

Available Every Day

Fresh Fruit Platter **Ve**
Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

pabulum
HONESTLY GOOD FOOD

All products are subject to availability.