

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	Roasted Vegetable & Bean Hotpot Ve	Vegetables	Peas Ve
		Sweetcorn & Courgette Fritter with Side Salad V	Dessert	Apple & Cinnamon Sponge with Custard V
		Pasta with Cheese & Chive Sauce V		
Tuesday	Main Meals	Spaghetti Bolognese	Vegetables	Chinese Cabbage Ve
		Squash & Lentil Curry with Steamed Rice Ve	Dessert	Strawberry Cheesecake V
		Jacket Potato with Cheese V or Salmon Mayonnaise		
Wednesday	Main Meals	Roast Chicken Fillets with Roast Potatoes & Gravy	Vegetables	Green Cabbage & Carrots Ve
		Vegan Cornish Pasty with Roast Potatoes Ve	Dessert	Chocolate Sponge & Chocolate Sauce V
		Pasta with Roasted Tomato & Pepper Sauce Ve		
Thursday	Main Meals	Cumberland Sausage with Mash & Gravy	Vegetables	Green Beans & Cauliflower Ve
		Potato Crust Cheese & Tomato Quiche with Side Salad V	Dessert	Fruit Burst Jelly V
		Jacket Potato with Baked Beans Ve or Cheese V		
Friday	Main Meals	Fish Finger Bap with Homemade Tartare Sauce & Side Salad	Vegetables	Baked Beans & Sweetcorn Ve
		Vegetarian Finger Bap with Homemade Ketchup & Side Salad Ve	Dessert	Chocolate & Orange Cookie V
		Pasta with Creamy Mushroom Sauce V		
Freshly Baked Bread:				
Pumpkin V Carrot V Wholemeal V				
Week 1: 12 th Apr, 3 rd May, 24 th May, 14 th Jun, 5 th Jul, 26 th Jul, 30 th Aug, 20 th Sep, 11 th Oct				

MF Monday	Main Meals	Cauliflower Macaroni & Cheese with Homemade Garlic Bread V	Vegetables	Green Beans Ve
		Tofu Sweet & Sour Mixed Vegetables with Steamed Rice Ve	Dessert	Coconut & Jam Sponge with Custard V
		Jacket Potato with Baked Beans Ve or Cheese V		
Tuesday	Main Meals	Beef Lasagne	Vegetables	Sweetcorn Ve
		Carrot & Pea Risotto Ve	Dessert	Berry Crumble Slice Ve
		Pasta with Spinach & Onion Sauce V		
Wednesday	Main Meals	Roast Pork with Roast Potatoes & Gravy	Vegetables	Roasted Butternut Squash & Kale Ve
		Potato & Leek Frittata V	Dessert	Orange & Poppy Seed Sponge V
		Jacket Potato with Baked Beans Ve or Cheese V		
Thursday	Main Meals	Beef Burger in a Bun with Potato Salad	Vegetables	Carrots & Cauliflower Ve
		Lentil & Layered Vegetable Baked Ratatouille Ve	Dessert	Cherry Cookie Ve
		Pasta with Tomato & Basil Sauce Ve		
Friday	Main Meals	Oven Baked Battered Fish with Baked Chips	Vegetables	Baked Beans & Garden Peas Ve
		Roasted Vegetable & Chick Pea Wrap V	Dessert	Vanilla & Sultana Sponge with Custard V
		Jacket Potato with Baked Beans Ve or Cheese V		
Freshly Baked Bread:				
Courgette, Oat & Thyme V Wholemeal V				
Week 2: 19 th Apr, 10 th May, 31 st May, 21 st Jun, 12 th Jul, 6 th Sep, 27 th Sep, 18 th Oct				

MF Monday	Main Meals	Chick Pea & Vegetable Curry with Rice Ve	Vegetables	Broccoli Florets Ve
		Homemade Vegan Burger with Baked Sweet Potato Ve	Dessert	Carrot & Apple Flapjack V
		Pasta with Tomato & Vegetable Sauce Ve		
Tuesday	Main Meals	Beef Enchiladas	Vegetables	Carrots & Peas Ve
		Vegan Chilli Con Carne served with Baked Potato Ve	Dessert	Lemon Drizzle Cake V
		Jacket Potato with Baked Beans Ve Cheese V , or Bolognese		
Wednesday	Main Meals	Roast Turkey with Roast Potatoes & Gravy	Vegetables	Green Cabbage & Roast Carrots Ve
		Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy Ve	Dessert	Banana & Sultana Cake with Custard V
		Wholewheat Pasta with Cheese & Leek Sauce V		
Thursday	Main Meals	Chicken & Vegetable Curry with Steamed Rice	Vegetables	Sweetcorn Ve
		Margherita Pizza with Potato Salad V	Dessert	Chilled Rice Pudding with Berry Compote V
		Jacket Potato with Baked Beans Ve or Cheese V		
Friday	Main Meals	Fish Fingers with Oven Baked Chips	Vegetables	Baked Beans & Garden Peas Ve
		Vegetable & Lentil Croquette with Oven Baked Chips Ve	Dessert	Chocolate & Raisin Shortbread Ve
		Pasta with Lentil & Bean Sauce Ve		
Freshly Baked Bread:				
Sunflower, Rosemary & Tomato V Wholemeal V				
Week 3: 26 th Apr, 17 th May, 7 th Jun, 28 th Jun, 19 th Jul, 13 th Sep, 4 th 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**

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.