

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

Meat Free Monday

Main Meals

- Chargrilled Vegetarian Fajitas with Hand Cut Cajun Spiced Potato Wedges V
- Five Bean Chilli with Lime Infused Brown Rice V
- Pasta with Tomato & Basil Sauce V

Vegetables

- Carrots & Garden Peas V

Dessert

- Caramelised Apple & Raisin Crumble with Custard V

Tuesday

Main Meals

- Mild Chicken Masala with Yellow Rice
- Halal Mild Chicken Masala with Yellow Rice

Vegetables

- Broccoli & Sweetcorn V

Dessert

- Sticky Ginger Cake with Custard V

- Country Vegetable Cottage Pie Topped with Herby Sweet Potato V

- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Wednesday

Main Meals

- Farm Assured British Roast Turkey, Traditional Gravy, Bread Sauce with Roast Potatoes
- Halal Farm Assured British Roast Turkey, Traditional Gravy, Bread Sauce with Roast Potatoes
- Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans V

Vegetables

- Roasted Seasonal Root Vegetables & Seasonal Cabbage V

Dessert

- Vanilla Shortbread Biscuit V

- Wholemeal Pasta with Tomato & Basil Sauce V

Thursday

Main Meals

- British Chicken Burger in a Bun with Homemade BBQ Relish & New Potatoes
- Halal British Chicken Burger in a Bun with Homemade BBQ Relish & New Potatoes
- Red Lentil & Cheese Loaf with a Rich Tomato Sauce & New Potatoes V
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables

- Classic Coleslaw & Sliced Tomato Salad V

Dessert

- Traditional Lemon Sponge with Custard V

Friday

Main Meals

- Fish Fingers & Chips with Tartar Sauce
- Cheddar & Red Onion Swirl with Chips V
- Pasta with Tomato & Basil Sauce & Grated Cheese V

Vegetables

- Baked Beans & Garden Peas V

Dessert

- Raspberry Ripple Ice Cream V

Available Every Day

Salad Bar

- Mediterranean Bean with Orzo Pasta & Mint V
- Potato Salad with French Dressing V
- Asian Coleslaw V
- Sweet Chilli, Watermelon & Mint Salad V
- Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V

Freshly Baked Bread

- Chickpea & Coriander Masala V
- Wholemeal V
- Dessert
- Fresh Fruit Platter V

Week 1: 22 Apr, 13 May, 3 Jun, 24 Jun, 15 Jul, 2 Sep, 23 Sep, 14 Oct

Meat Free Monday

Main Meals

- Mediterranean Tagine with Mixed Barley & Cous Cous V
- Ultimate Mac & Cheese V
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables

- Chopped House Salad & Sweetcorn V

Dessert

- Pear & Apple Oaty Crumble with Custard V

Tuesday

Main Meals

- Farm Assured British Lamb Lasagne with a Garlic Bread Shard
- Halal Farm Assured British Lamb Lasagne with a Garlic Bread Shard
- Sweet Potato & Chickpea Korma with Citrus Infused Rice V
- Pasta with Tomato & Basil Sauce V

Vegetables

- Seasonal Shredded Cabbage & Carrots V

Dessert

- Chocolate Beetroot Brownie V

Wednesday

Main Meals

- Honey Glazed Garlic & Lemon Infused British Roast Chicken, Traditional Gravy with Roast Potatoes
- Halal Honey Glazed Garlic & Lemon Infused British Roast Chicken, Traditional Gravy with Roast Potatoes
- Roasted Aubergine & Sweet Cherry Tomato Moussaka V
- Wholemeal Pasta with Tomato & Basil Sauce V

Vegetables

- Roasted Seasonal Root Vegetables & Garden Peas V

Dessert

- Raspberry Ripple Ice Cream V

Thursday

Main Meals

- Chicken Patie with Bubble & Squeak Mash in a Yorkshire Pudding with Onion Gravy
- Halal Chicken Patie with Bubble & Squeak Mash in a Yorkshire Pudding with Onion Gravy
- Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice V
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables

- Broccoli & Carrots V

Dessert

- Traditional Sultana Sponge with Custard V

Friday

Main Meals

- Battered Cod & Chips with Tartar Sauce
- Mexican Bean Burger with Lime Yoghurt & Salsa Roja V
- Jacket Potato with Salmon Mayonnaise or Cheddar Cheese

Vegetables

- Baked Beans & Garden Peas V

Dessert

- Maryland Cookie V

Available Every Day

Salad Bar

- Mexican Mixed Bean & Pasta Salad V
- Crunchy Apple & Potato Salad V
- Red Cabbage & Pineapple Slaw V
- Rainbow Quinoa Salad with Pumpkin Seeds V
- Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V

Freshly Baked Bread

- Rosemary, Oat & Caramelised Red Onion V
- Wholemeal V
- Dessert
- Fresh Fruit Platter V

Week 2: 29 Apr, 20 May, 10 Jun, 1 Jul, 22 Jul, 9 Sep, 30 Sep, 21 Oct

Meat Free Monday

Main Meals

- Cheese & Tomato Pizza with Hand Cut Potato Wedges V
- Vegetarian Sausages with Mashed Potato in a Yorkshire Pudding with Gravy V
- Pasta with Tomato & Basil Sauce V

Vegetables

- Carrots & Sweetcorn V

Dessert

- Summer Berry & Apple Crumble with Custard V

Tuesday

Main Meals

- Slow Cooked Shredded British Chicken Taco with Coriander Brown Rice & Apple Coleslaw
- Halal Slow Cooked Shredded British Chicken Taco with Coriander Brown Rice & Apple Coleslaw
- Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes V
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables

- Peas & Cauliflower Florets V

Dessert

- Orange & Courgette Sponge with Custard V

Wednesday

Main Meals

- Farm Assured British Roast Chicken, Stuffing & Traditional Gravy with Rosemary Roast Potatoes
- Halal Farm Assured British Roast Chicken, Stuffing & Traditional Gravy with Rosemary Roast Potatoes
- Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw V
- Wholemeal Pasta with Tomato & Basil Sauce V

Vegetables

- Roasted Seasonal Root Vegetables & Broccoli V

Dessert

- Fruit Flapjack V

Thursday

Main Meals

- Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy
- Halal Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy
- Spinach, Mushroom & Mozzarella Lasagne with a Garlic Bread Shard V
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables

- Carrots & Green Beans V

Dessert

- Traditional Chocolate Sponge & Chocolate Sauce V

Friday

Main Meals

- Fish Fingers & Chips with Tartar Sauce
- Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto V
- Pasta with Tomato & Basil Sauce V

Vegetables

- Baked Beans & Garden Peas V

Dessert

- Raspberry Ripple Ice Cream V

Available Every Day

Salad Bar

- Tomato & Basil Pasta Salad V
- Chickpea & Butterbean Pesto Salad V
- Curried Rice & Sultana Salad V
- Roasted Vegetables & Giant Cous Cous Salad V
- Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V

Freshly Baked Bread

- Baked Bean, Tomato & Basil V
- Wholemeal V
- Dessert
- Fresh Fruit Platter V

Week 3: 6 May, 27 May, 17 Jun, 8 Jul, 26 Aug, 16 Sep, 7 Oct