

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 (G,SO) with Hand Cut Cajun Spiced Potato Wedges (MU) V

Five Bean Chilli with Lime Infused Brown Rice V

Pasta (G) with Tomato & Basil Sauce (g) V

Vegetables

Carrots & Garden Peas V

Dessert

Caramelised Apple & Raisin Crumble (G) with Custard (MK) V

Tuesday

Main Meals

Mild Chicken Masala (MU) with Yellow Rice

Halal Mild Chicken Masala (MU) with Yellow Rice

Country Vegetable Cottage Pie (G,SO) Topped with Herby Sweet Potato V

Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)

Vegetables

Broccoli & Sweetcorn V

Dessert

Sticky Ginger Cake (G,E,MK) with Custard (MK) V

Wednesday

Main Meals

Farm Assured British Roast Turkey, Traditional Gravy, Bread Sauce (G,SO,MK,se) with Roast Potatoes

Halal Farm Assured British Roast Turkey, Traditional Gravy, Bread Sauce (G,SO,MK,se) with Roast Potatoes

Teriyaki Noodles (G,SO,E) with Stir Fried Vegetables (G,SO,E) & Mixed Beans (G,SO,E) V

Wholemeal Pasta (G) with Tomato & Basil Sauce (g) V

Vegetables

Roasted Seasonal Root Vegetables & Seasonal Cabbage V

Dessert

Vanilla Shortbread Biscuit (G) V

Thursday

Main Meals

British Chicken Burger (G,SO,MU,SU) in a Bun (G,se) with Homemade BBQ Relish & New Potatoes

Halal British Chicken Burger (G,SO,MU,SU) in a Bun (G,se) with Homemade BBQ Relish & New Potatoes

🌱 Red Lentil & Cheese Loaf (G,SO,MK,E,se) with a Rich Tomato Sauce (g) & New Potatoes V

Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)

Vegetables

Classic Coleslaw (E) & Sliced Tomato Salad (SU) V

Dessert

Traditional Lemon Sponge (G,mk,E) with Custard (MK) V

Friday

Main Meals

Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU)

Cheddar & Red Onion Swirl (G,MK) V

Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) V

Vegetables

Baked Beans & Garden Peas V

Dessert

Raspberry Ripple Ice Cream (MK) V

Available Every Day

Salad Bar

🌱 Mediterranean Bean with Orzo Pasta & Mint (G) V

Potato Salad with French Dressing (G,MU) V

Asian Coleslaw (G,SO) V

🌱 Sweet Chilli, Watermelon & Mint Salad V

Grated Carrot, Cucumber Sticks, Sweetcorn,

Mixed Leaf & Tomato Salad V

Freshly Baked Bread

🌱 Chickpea & Coriander Masala (G,SO,MK,MU,e) V

Wholemeal (G,SO,MK,e) 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 (g) with Mixed Barley & Cous Cous (G) V

Ultimate Mac & Cheese (G,SO,MK,se) V

Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)

Vegetables

Chopped House Salad & Sweetcorn V

Dessert

Pear & Apple Oaty Crumble (G) with Custard (MK) V

Tuesday

Main Meals

Farm Assured British Lamb Lasagne (G,MK,e) with a Garlic Bread Shard (G,SO,MK,e)

Halal Farm Assured British Lamb Lasagne (G,MK,e) with a Garlic Bread Shard (G,SO,MK,e)

Sweet Potato & Chickpea Korma (MK,MU,SU) with Citrus Infused Rice V

Pasta (G) with Tomato & Basil Sauce (g) V

Vegetables

Seasonal Shredded Cabbage & Carrots V

Dessert

Chocolate Beetroot Brownie (G,E) 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 (G,SO,MK) V

Wholemeal Pasta (G) with Tomato & Basil Sauce (g) V

Vegetables

Roasted Seasonal Root Vegetables & Garden Peas V

Dessert

Raspberry Ripple Ice Cream (MK) V

Thursday

Main Meals

Chicken Pattie (G,SO,MU,SU) with Bubble & Squeak Mash (MK) in a Yorkshire Pudding (G,MK,E) with Onion Gravy

Halal Chicken Pattie (G,SO,MU,SU) with Bubble & Squeak Mash (MK) in a Yorkshire Pudding (G,MK,E) with Onion Gravy

Green Lentil & Spinach Dhal (g) with Coconut & Lemon Grass Rice (MU,SU) V

Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)

Vegetables

Broccoli & Carrots V

Dessert

Traditional Sultana Sponge (G,mk,E) with Custard (MK) V

Friday

Main Meals

Battered Cod (G,F) & Chips with Tartar Sauce (G,E,SU)

Mexican Bean Burger (G,SO,E,se) with Lime Yoghurt (SO,MK) & Salsa Roja V

Jacket Potato with Salmon Mayonnaise (F,E) or Cheddar Cheese (MK)

Vegetables

Baked Beans & Garden Peas V

Dessert

Maryland Cookie (G,mk) V

Available Every Day

Salad Bar

🌱 Mexican Mixed Bean & Pasta Salad (G) V

Crunchy Apple & Potato Salad (SU) V

Red Cabbage & Pineapple Slaw (G,MU) 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 (G,SO,MK,e) V

Wholemeal (G,SO,MK,e) 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 (G,MK) with Hand Cut Potato Wedges V

Vegetarian Sausages (G,C) with Mashed Potato (MK) in a Yorkshire Pudding (G,MK,E) with Gravy V

Pasta (G) with Tomato & Basil Sauce (g) V

Vegetables

Carrots & Sweetcorn V

Dessert

Summer Berry & Apple Crumble (G) with Custard (MK) V

Tuesday

Main Meals

Slow Cooked Shredded British Chicken Taco (G) with Coriander Brown Rice & Apple Coleslaw (E)

Halal Slow Cooked Shredded British Chicken Taco (G) with Coriander Brown Rice & Apple Coleslaw (E)

Balsamic Caramelised Red Onion & Cheddar Cheese Quiche (G,MK,E,SU) with New Potatoes V

Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)

Vegetables

Peas & Cauliflower Florets V

Dessert

Orange & Courgette Sponge (G,mk,E) with Custard (MK) V

Wednesday

Main Meals

Farm Assured British Roast Chicken, Stuffing (G) & Traditional Gravy with Rosemary Roast Potatoes

Halal Farm Assured British Roast Chicken, Stuffing (G) & Traditional Gravy with Rosemary Roast Potatoes

Chickpea & Sweet Potato Falafel Wrap (G,MK,E) with Minted Yoghurt Slaw (MK,E) V

Wholemeal Pasta (G) with Tomato & Basil Sauce (g) V

Vegetables

Roasted Seasonal Root Vegetables & Broccoli V

Dessert

Fruit Flapjack (G) V

Thursday

Main Meals

Creamy British Chicken & Tarragon Pie (G,MK) with Mashed Potato (MK) & Gravy

Halal Creamy British Chicken & Tarragon Pie (G,MK) with Mashed Potato (MK) & Gravy

🌱 Spinach, Mushroom & Mozzarella Lasagne (G,MK,e) with a Garlic Bread Shard (G,SO,MK,e) V

Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)

Vegetables

Carrots & Green Beans V

Dessert

Traditional Chocolate Sponge (G,mk,E) & Chocolate Sauce (MK) V

Friday

Main Meals

Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU)

Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto (G,MK) V

Pasta (G) with Tomato & Basil Sauce (g) V

Vegetables

Baked Beans & Garden Peas V

Dessert

Raspberry Ripple Ice Cream (MK) V

Available Every Day

Salad Bar

Tomato & Basil Pasta Salad (G) V

🌱 Chickpea & Butterbean Pesto Salad (MK) V

Curried Rice & Sultana Salad (G,MU,SU) V

🌱 Roasted Vegetables & Giant Cous Cous Salad (G,MU) V

Grated Carrot, Cucumber Sticks, Sweetcorn,

Mixed Leaf & Tomato Salad V

Freshly Baked Bread

🌱 Baked Bean, Tomato & Basil (G,SO,MK,e) V

Wholemeal (G,SO,MK,e) V

Dessert

Fresh Fruit Platter V

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