

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

Available Every Day	Main Meals	Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce with Hand Cut Potato Wedges ✓	Vegetables	Carrots & Garden Peas ✓
		Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce ✓		Dessert
		Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese		Spiced Apple & Honey Oaty Crumble with Custard ✓
				Homemade Mousse ✓
Friday	Main Meals	Slow Cooked Beef Masala Curry with Turmeric Infused Rice	Vegetables	Green Beans & Sweetcorn ✓
		Courgette Layered Lasagne with a Garlic Bread Shard ✓		Dessert
		Pasta with Cheese Sauce ✓		Jam Sponge with Custard ✓
				Jelly ✓
Thursday	Main Meals	Lemon & Thyme Roasted Chicken & Stuffing with Roast Potatoes	Vegetables	Roasted Seasonal Root Vegetables & Savoy Cabbage ✓
		Roasted Cherry Tomato, Egg & Broccoli Tart with Roast Potatoes ✓		Dessert
		Wholemeal Pasta with Beef Bolognese Sauce		Chocolate & Pear Sponge with Chocolate Custard ✓
				Homemade Mousse ✓
Wednesday	Main Meals	Chicken Sausages with Mashed Potato, Sage & Red Onion Gravy in a Yorkshire Pudding	Vegetables	BBQ Smoky Beans & Carrots ✓
		Butterbean & Mushroom Stroganoff with Pearl Barley Rice ✓		Dessert
		Jacket Potato with Baked Beans or Grated Cheese ✓		Cinnamon & Apple Shortcrust Pastry Pie with Vanilla Ice Cream ✓
				Jelly ✓
Tuesday	Main Meals	Slow Cooked Beef Masala Curry with Turmeric Infused Rice	Vegetables	Green Beans & Sweetcorn ✓
		Courgette Layered Lasagne with a Garlic Bread Shard ✓		Dessert
		Pasta with Cheese Sauce ✓		Jam Sponge with Custard ✓
				Jelly ✓
Meat Free Monday	Main Meals	Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce with Hand Cut Potato Wedges ✓	Vegetables	Carrots & Garden Peas ✓
		Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce ✓		Dessert
		Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese		Spiced Apple & Honey Oaty Crumble with Custard ✓
				Homemade Mousse ✓

Available Every Day	Salad Bar	Mediterranean Orzo Pasta & Barley Salad ✓	Freshly Baked Bread	Cheesy Oat, Courgette & Thyme ✓
		Crunchy Apple & Potato Salad ✓		Wholemeal ✓
		Red Cabbage & Pineapple Slaw ✓		Dessert
		Spinach, Basil & Tomato Quinoa Salad ✓		Fresh Fruit Platter ✓
		Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓		Homemade Yoghurt ✓
Friday	Main Meals	Battered Cod & Chips with Tartar Sauce	Vegetables	Baked Beans & Garden Peas ✓
		Free Range Egg, Cheese & Vegetable Frittata with Chips ✓		Dessert
		Jacket Potato with Baked Beans, Grated Cheese or Salmon Mayonnaise		Chocolate & Beetroot Brownie ✓
				Homemade Mousse ✓
Thursday	Main Meals	Farm Assured Beef Lasagne with a Garlic Bread Shard	Vegetables	Carrots & Broccoli ✓
		Mild Chilli Taco & Minted Yoghurt with Chunky Tomato Salsa Salad ✓		Dessert
		Jacket Potato with Baked Beans or Grated Cheese ✓		Red Cherry & Apple Shortcrust Pastry Pie with Vanilla Ice Cream ✓
				Jelly ✓
Wednesday	Main Meals	Honey & Paprika Roast Chicken with Roast Potatoes	Vegetables	Roasted Seasonal Root Vegetables & Garden Peas ✓
		Five Bean & Barley Cassoulet with Fresh Herb Dumplings ✓		Dessert
		Wholemeal Pasta with Tomato & Basil Sauce & Grated Cheese ✓		Marbled Chocolate Sponge with Chocolate Custard ✓
				Homemade Mousse ✓
Tuesday	Main Meals	Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad	Vegetables	Green Beans & Kachumber Salad ✓
		Chargrilled Spicy Fajitas with Mexican Rice ✓		Dessert
		Pasta with Beef Bolognese Sauce		Carrot Cake with Custard ✓
				Jelly ✓
Meat Free Monday	Main Meals	Cheese & Tomato Pizza with Hand Cut Potato Wedges ✓	Vegetables	Boston Baked Beans & Sweetcorn ✓
		Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella ✓		Dessert
		Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese		Caramelised Apple & Plum Crumble with Custard ✓
				Homemade Mousse ✓

Available Every Day	Salad Bar	Tomato & Basil Pasta Salad ✓	Freshly Baked Bread	Sunflower, Rosemary & Tomato ✓
		Sweet Potato & Chickpea Pesto Salad ✓		Wholemeal ✓
		Traditional Coleslaw ✓		Dessert
		Giant Cous Cous with Feta Cheese & Mint ✓		Fresh Fruit Platter ✓
		Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓		Homemade Yoghurt ✓
Friday	Main Meals	BBQ Chicken Pizza with Chips	Vegetables	Baked Beans & Garden Peas ✓
		Cheese & Tomato Pizza with Chips ✓		Dessert
		Jacket Potato with Baked Beans or Grated Cheese ✓		Baked Banana Flapjack ✓
				Jelly ✓
Thursday	Main Meals	Classic Homemade British Beef Burger with Hand Cut Potato Wedges	Vegetables	Carrots, Cauliflower & Green Beans ✓
		Vegetable Burger with Hand Cut Potato Wedges ✓		Dessert
		Jacket Potato with Baked Beans or Grated Cheese ✓		Apple & Blackcurrant Shortcrust Pastry Pie with Vanilla Ice Cream ✓
				Homemade Mousse ✓
Wednesday	Main Meals	Roast Turkey, Stuffing & Bread Sauce with Roast Potatoes	Vegetables	Roasted Seasonal Root Vegetables & Curly Kale ✓
		Rosemary, Feta & Pepper Quiche with Roast Potatoes ✓		Dessert
		Wholemeal Pasta with Cheese Sauce ✓		Warm Waffle with Chocolate Custard ✓
				Jelly ✓
Tuesday	Main Meals	Chargrilled Spicy Chicken Fajitas with Mexican Rice	Vegetables	Mixed Peas & Sweetcorn ✓
		Linda McCartney Sausages with Mashed Potato & Caramelised Red Onion Gravy in a Yorkshire Pudding ✓		Dessert
		Pasta with Tomato & Basil Sauce & Grated Cheese ✓		Sticky Toffee Pudding with Custard ✓
				Homemade Mousse ✓
Meat Free Monday	Main Meals	Vegetarian Bolognese Sauce with Herby Spaghetti ✓	Vegetables	Broccoli & Carrots ✓
		Red Lentil & Cheese Loaf with a Rich Tomato Sauce & Hand Cut Potato Wedges ✓		Dessert
		Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese		Poached Pear & Apple Crumble with Custard ✓
				Jelly ✓

Week 1: 29 Oct, 19 Nov, 10 Dec, 31 Dec, 21 Jan, 11 Feb, 4 Mar, 25 Mar

Week 2: 5 Nov, 26 Nov, 17 Dec, 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr

Week 3: 12 Nov, 3 Dec, 24 Dec, 14 Jan, 4 Feb, 25 Feb, 18 Mar