# 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

# Main Meals Chargrilled \ with Hand C

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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

Country Vegetable Cottage Pie

Topped with Herby Sweet Potato V

Jacket Potato with Cheddar Cheese

## Vegetables

Carrots & Garden Peas V

#### Dellert

Caramelised Apple & Raisin Crumble with Custard V

# Vegetables

Broccoli & Sweetcorn V

#### Dessert

Sticky Ginger Cake with Custard V

#### Main Meals

Main Meals

with Yellow Rice

Mild Chicken Masala

or Tuna Mayonnaise

Farm Assured British Roast Turkey, Traditional Gravy, Bread Sauce with Roast Potatoes

Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans V

Wholemeal Pasta with Tomato & Basil Sauce V

## Vegetables

Roasted Seasonal Root Vegetables & Seasonal Cabbage V

#### Dessert

Vegetables

Dessert

Vanilla Shortbread Biscuit V

Classic Coleslaw &

Traditional Lemon

Sliced Tomato Salad V

Sponge with Custard V

#### Main Meals

British Beef 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

#### Main Meals

Salad Bar

Asian Coleslaw V

Every

Available

Fish Fingers & Chips with Tartar Sauce

Free Range Egg, Cheese & Vegetable Frittata V

■ Mediterranean Bean with Orzo Pasta & Mint V

Sweet Chilli, Watermelon & Mint Salad V

Grated Carrot, Cucumber Sticks, Sweetcorn,

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

Pasta with Tomato & Basil Sauce & Grated Cheese V

Potato Salad with French Dressing V

## Vegetables

Baked Beans & Garden Peas V

#### Dessert

Raspberry Ripple Ice Cream V

## Freshly Baked Bread

Chickpea & Coriander

Wholemeal V

# Monday Main Meals

Meat

Tuesday

Wednesday

Mediterranean Tagine with Mixed Barley & Cous Cous V

Ultimate Mac & Cheese V

Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

## Main Meals

Main Meak

with Roast Potatoes

Roasted Aubergine

Farm Assured British Beef Lasagne with a Garlic Bread Shard

Sweet Potato & Chickpea Korma with Citrus Infused Rice V

Pasta with Tomato & Basil Sauce V

Honey Glazed Garlic & Lemon Infused

British Roast Chicken, Traditional Gravy

& Sweet Cherry Tomato Moussaka V

## Vegetables

Chopped House Salad & Sweetcorn V

#### Dessert

Pear & Apple Oaty Crumble with Custard V

### Vegetables

Seasonal Shredded Cabbage & Carrots V

#### Dessert

Chocolate Beetroot Brownie V

#### Vegetables

Roasted Seasonal Root Vegetables & Garden Peas V

#### Dessert

Raspberry Ripple Ice Cream V

#### Main Meals

Mexican Bean Burger

or Cheddar Cheese

Salad Bar

Chicken Sausages with Bubble & Squeak Mash in a Yorkshire Pudding with Onion Gravy

Wholemeal Pasta with Tomato & Basil Sauce V

Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice V

Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

with Lime Yoghurt & Salsa Roja V

Battered Cod & Chips with Tartar Sauce

Jacket Potato with Salmon Mayonnaise

Mexican Mixed Bean & Pasta Salad V

Rainbow Quinoa Salad with Pumpkin Seeds V

Grated Carrot, Cucumber Sticks, Sweetcorn,

# Vegetables

Broccoli & Carrots V

#### Dessert

Traditional Sultana Sponge with Custard V

#### Vegetables

Baked Beans & Garden Peas V

## Dessert

Maryland Cookie V

# Freshly Baked Bread

Rosemary, Oat & Caramelised Red Onion V

Wholemeal V

#### Dessert

Fresh Fruit Platter V

## Cheese & Tomato Pizza

Main Meals

Main Meals

Main Meals

Nednesday

Monday 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

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

Farm Assured British Roast Beef,

with Rosemary Roast Potatoes

with Minted Yoghurt Slaw V

Yorkshire Pudding & Traditional Gravy

Chickpea & Sweet Potato Falafel Wrap

# Vegetables

Peas & Cauliflower Florets V

#### Dessert

Orange & Courgette Sponge with Custard V

#### Vegetables

Roasted Seasonal Root Vegetables & Broccoli V

## Dessert

Fruit Flapjack V

Wholemeal Pasta with Tomato & Basil Sauce ∨

#### Main Meals

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

# Veaetables

Carrots & Green Beans V

#### Dessert

Traditional Chocolate Sponge & Chocolate Sauce V

### 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

# Salad Bar

Tomato & Basil Pasta Salad V

Chickpea & Butterbean Pesto Salad V

Curried Rice & Sultana Salad V

B 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

Masala V

# Dessert

Fresh Fruit Platter V

Available

Mixed Leaf & Tomato Salad V

Crunchy Apple & Potato Salad V

Red Cabbage & Pineapple Slaw V

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

Available

Mixed Leaf & Tomato Salad V