

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	Vegetables
	Chargrilled Vegetarian Fajitas with Hand Cut Cajun Spiced Potato Wedges ✓	Carrots & Garden Peas ✓
	Five Bean Chilli with Lime Infused Brown Rice ✓	Dessert
	Pasta with Tomato & Basil Sauce ✓	Caramelised Apple & Raisin Crumble with Custard ✓
Tuesday	Main Meals	Vegetables
	Mild Chicken Masala with Yellow Rice	Broccoli & Sweetcorn ✓
	Country Vegetable Cottage Pie Topped with Herby Sweet Potato ✓	Dessert
Wednesday	Main Meals	Vegetables
	Farm Assured British Roast Turkey, Traditional Gravy, Bread Sauce with Roast Potatoes	Roasted Seasonal Root Vegetables & Seasonal Cabbage ✓
	Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans ✓	Dessert
Thursday	Main Meals	Vegetables
	British Beef Burger in a Bun with Homemade BBQ Relish & New Potatoes	Classic Coleslaw & Sliced Tomato Salad ✓
	Red Lentil & Cheese Loaf with a Rich Tomato Sauce & New Potatoes ✓	Dessert
Friday	Main Meals	Vegetables
	Fish Fingers & Chips with Tartar Sauce	Baked Beans & Garden Peas ✓
	Free Range Egg, Cheese & Vegetable Frittata ✓	Dessert
Available Every Day	Salad Bar	Freshly Baked Bread
	Mediterranean Bean with Orzo Pasta & Mint ✓	Chickpea & Coriander Masala ✓
	Potato Salad with French Dressing ✓	Wholemeal ✓
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	Five Bean Chilli with Lime Infused Brown Rice ✓	Dessert
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	Country Vegetable Cottage Pie Topped with Herby Sweet Potato ✓	Dessert
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	Farm Assured British Roast Turkey, Traditional Gravy, Bread Sauce with Roast Potatoes	Roasted Seasonal Root Vegetables & Seasonal Cabbage ✓
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	Fish Fingers & Chips with Tartar Sauce	Baked Beans & Garden Peas ✓
	Free Range Egg, Cheese & Vegetable Frittata ✓	Dessert

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	Mediterranean Tagine with Mixed Barley & Cous Cous ✓	Chopped House Salad & Sweetcorn ✓
	Ultimate Mac & Cheese ✓	Dessert
	Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Pear & Apple Oaty Crumble with Custard ✓
Tuesday	Main Meals	Vegetables
	Farm Assured British Beef Lasagne with a Garlic Bread Shard	Seasonal Shredded Cabbage & Carrots ✓
	Sweet Potato & Chickpea Korma with Citrus Infused Rice ✓	Dessert
Wednesday	Main Meals	Vegetables
	Honey Glazed Garlic & Lemon Infused British Roast Chicken, Traditional Gravy with Roast Potatoes	Roasted Seasonal Root Vegetables & Garden Peas ✓
	Roasted Aubergine & Sweet Cherry Tomato Moussaka ✓	Dessert
Thursday	Main Meals	Vegetables
	Chicken Sausages with Bubble & Squeak Mash in a Yorkshire Pudding with Onion Gravy	Broccoli & Carrots ✓
	Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice ✓	Dessert
Friday	Main Meals	Vegetables
	Battered Cod & Chips with Tartar Sauce	Baked Beans & Garden Peas ✓
	Mexican Bean Burger with Lime Yoghurt & Salsa Roja ✓	Dessert
Available Every Day	Salad Bar	Freshly Baked Bread
	Mexican Mixed Bean & Pasta Salad ✓	Rosemary, Oat & Caramelised Red Onion ✓
	Crunchy Apple & Potato Salad ✓	Wholemeal ✓
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	Ultimate Mac & Cheese ✓	Dessert
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	Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice ✓	Dessert
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	Battered Cod & Chips with Tartar Sauce	Baked Beans & Garden Peas ✓
	Mexican Bean Burger with Lime Yoghurt & Salsa Roja ✓	Dessert

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	Cheese & Tomato Pizza with Hand Cut Potato Wedges ✓	Carrots & Sweetcorn ✓
	Vegetarian Sausages with Mashed Potato in a Yorkshire Pudding with Gravy ✓	Dessert
	Pasta with Tomato & Basil Sauce ✓	Summer Berry & Apple Crumble with Custard ✓
Tuesday	Main Meals	Vegetables
	Slow Cooked Shredded British Chicken Taco with Coriander Brown Rice & Apple Coleslaw	Peas & Cauliflower Florets ✓
	Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes ✓	Dessert
Wednesday	Main Meals	Vegetables
	Farm Assured British Roast Beef, Yorkshire Pudding & Traditional Gravy with Rosemary Roast Potatoes	Roasted Seasonal Root Vegetables & Broccoli ✓
	Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw ✓	Dessert
Thursday	Main Meals	Vegetables
	Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy	Carrots & Green Beans ✓
	Spinach, Mushroom & Mozzarella Lasagne with a Garlic Bread Shard ✓	Dessert
Friday	Main Meals	Vegetables
	Fish Fingers & Chips with Tartar Sauce	Baked Beans & Garden Peas ✓
	Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto ✓	Dessert
Available Every Day	Salad Bar	Freshly Baked Bread
	Tomato & Basil Pasta Salad ✓	Baked Bean, Tomato & Basil ✓
	Chickpea & Butterbean Pesto Salad ✓	Wholemeal ✓
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	Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes ✓	Dessert
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	Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto ✓	Dessert

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

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

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