Let's see what's for lunch...

Meat Free Monday (MF)

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

MF Monday

Main Meals
- Macaroni Cheese with Crispy Ciabatta & Herb Crumb V
- Roasted Squash & Basil Risotto Ve
- Jacket Potato with choice of toppings V

Vegetables
- Carrots & Green Beans Ve

Dessert
- Ice Cream with Fruit V

Tuesday

Main Meals
- Chicken Tikka Masala with Rice
- Chargrilled Vegetable Quesadilla with Rice Ve
- Pasta with a choice of toppings V

Vegetables
- Lentil Dhal & Broccoli Ve

Dessert
- Courgette & Orange Cake V

Wednesday

Main Meals
- Roasted Chicken with Roasted Potatoes & Gravy
- Spiced Moroccan Chickpea Curry with Lemon Couscous Ve
- Jacket Potato with choice of toppings V

Vegetables
- Green Cabbage & Carrots Ve

Dessert
- Chocolate Orange Cheesecake V

Thursday

Main Meals
- Beef Burger in a Bun
- Crispy Chickpea Burger in a Bun Ve
- Pasta with a choice of toppings V

Vegetables
- Sweetcorn & Coleslaw Ve

Dessert
- Apple & Oat Crumble V

Friday

Main Meals
- Fish Fingers with Homemade Tomato Ketchup & Chips
- Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips Ve
- Jacket Potato with choice of toppings V

Vegetables
- Baked Beans & Peas Ve

Dessert
- Chocolate & Carrot Brownie V

Freshly Baked Bread – Pumpkin & Carrot V Wholemeal V

Jacket Potato Toppings – Baked Beans Ve or Grated Cheese V

Pasta Toppings – Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V

Week 1: 20th Apr, 11th May, 1st Jun, 22nd Jun, 13th Jul, 31st Aug, 21st Sep, 12th oct

MF Monday

Main Meals
- Margherita Pizza V
- Mexican 5 Bean & Vegetable Tostada with Pomegranate Ve
- Jacket Potato with choice of toppings V

Vegetables
- Coleslaw & Carrots Ve

Dessert
- Sticky Toffee Pudding V

Tuesday

Main Meals
- Classic Spaghetti Beef Bolognese
- Sweet Potato Topped Vegetable Pie Ve
- Pasta with a choice of toppings V

Vegetables
- Peas & Cauliflower Ve

Dessert
- Carrot & Ginger Sponge V

Wednesday

Main Meals
- Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy
- Mediterranean Vegetable Tart Ve
- Jacket Potato with choice of toppings V

Vegetables
- Carrots & Green Cabbage Ve

Dessert
- Ice Cream with Fruit V

Thursday

Main Meals
- Chicken & Beef Sausages with Mashed Potatoes & Onion Gravy
- Vegetarian Sausages with Steamed New Potatoes Ve
- Pasta with a choice of toppings V

Vegetables
- Roasted Seasonal Vegetables & Sweetcorn Ve

Dessert
- Peach Sponge Cake V

Friday

Main Meals
- Battered Fish with Homemade Tomato Ketchup or Salmon Fishcake in a Bun & Chips
- Falafel & Carrot Wrap with Salsa & Chips Ve
- Jacket Potato with choice of toppings V

Vegetables
- Baked Beans & Peas Ve

Dessert
- Banana Flapjack Ve

Freshly Baked Bread – Courgette, Oat & Thyme V Wholemeal V

Jacket Potato Toppings – Baked Beans Ve or Grated Cheese V

Pasta Toppings – Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V

Week 2: 27th Apr, 18th May, 8th Jun, 29th Jun, 20th Jul, 7th Sep, 28th Sep, 19th oct

MF Monday

Main Meals
- Roasted Tomato & Vegetable Cheesy Pasta V
- Jackfruit Katsu Curry with Rice Ve
- Jacket Potato with choice of toppings V

Vegetables
- Broccoli & Mixed Salad Ve

Dessert
- Caramelised Pineapple Sponge V

Tuesday

Main Meals
- Mild Jerk Chicken with Rice & Peas
- Vegetarian Spicy Special Fried Rice Ve
- Pasta with a choice of toppings V

Vegetables
- Sweetcorn Ve

Dessert
- Apple Pie Cinnamon Roll V

Wednesday

Main Meals
- Roast Chicken served with Roasted Potatoes & Gravy
- Tofu & Vegetable Noodle Stir Fry Ve
- Jacket Potato with choice of toppings V

Vegetables
- Cauliflower & Peas Ve

Dessert
- Ice Cream with Fruit V

Thursday

Main Meals
- Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce with Noodles
- Pitta Pizza topped with Houmous & Roasted Vegetables Ve
- Pasta with a choice of toppings V

Vegetables
- Green Beans Ve

Dessert
- Chocolate Shortbread Biscuit Ve

Friday

Main Meals
- Fish Fingers with Homemade Tomato Ketchup & Chips
- Homemade Crispy Vegetable Nuggets with Chips Ve
- Jacket Potato with choice of toppings V

Vegetables
- Baked Beans & Peas Ve

Dessert
- Lemon Drizzle Cake V

Freshly Baked Bread – Sunflower, Rosemary & Tomato V Wholemeal V

Jacket Potato Toppings – Baked Beans Ve or Grated Cheese V

Pasta Toppings – Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V

Week 3: 13th Apr, 4th May, 25th May, 15th Jun, 6th Jul, 14th Sep, 5th oct

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians

All products are subject to availability.

Available Every Day

Fresh Fruit Platter **Ve**
Fresh Natural Yoghurt with Fruit Puree **V**

Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

pabulum HONESTLY GOOD FOOD