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 Mediterranea with a Rich To with Hand Cu Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce (G,MK) with Hand Cut Potato Wedges V

> Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce (G,e,MK) ∨

Jacket Potato with Baked Beans. Tuna Mayonnaise (E,F) or Grated Cheese (MK)

Vegetables

Carrots & Garden Peas V

Spiced Apple & Honey Oaty Crumble (G.mk) with Custard (MK) V

Homemade Mousse (MK) V

Monday Free Meat

Tuesday

Main Meals

Cheese & Tomato Pizza (G,MK) with Hand Cut Potato Wedges V

Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella (G,MK,SU) V

Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)

Veaetables

Boston Baked Beans & Sweetcorn V

Dessert

Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V

Homemade Mousse (MK) ∨

Meat

Tuesday

Main Meals

Main Meals

with Mexican Rice

Monday Vegetarian Bolognese Sauce (G,SO) with Herby Spaghetti (G,mk) ∨ Red Lentil & Cheese Loaf (G,E,SO,se,MK) with a Rich

Tomato Sauce & Hand Cut Potato Wedges V

Jacket Potato with Baked Beans, Tuna Mayonnaise (E.F) or Grated Cheese (MK)

Chargrilled Spicy Chicken Fajitas (G)

Linda McCartney Sausages (G,SO,SU)

Pasta (G) with Tomato & Basil Sauce

& Grated Cheese (MK) V

Gravy in a Yorkshire Pudding (G,E,MK) V

Vegetables

Broccoli & Carrots V

Dessert

Poached Pear & Apple Crumble (G,mk) with Custard (MK) V

Jelly V

Main Meals

Main Meals

with Roast Potatoes

with Roast Potatoes V

Slow Cooked Beef Masala Curry (SO, MK, MU) with Turmeric Infused Rice

Courgette Layered Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) V

Pasta (G) with Cheese Sauce (G.MK) V

Lemon & Thyme Roasted Chicken & Stuffing (G)

Wholemeal Pasta (G) with Beef Bolognese Sauce

Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK)

Vegetables

Green Beans & Sweetcorn V

Jam Sponge (G,E,mk,SU) with Custard (MK) V

Jelly V

Dessert

Vegetables

Roasted Seasonal

Root Vegetables

Chocolate & Pear

Sponge (G,E,mk) with

Chocolate Custard (MK) V

Homemade Mousse (MK) V

& Savoy Cabbage V

Main Meals

Main Meals

Main Meals

with Roast Potatoes

& Grated Cheese (MK) V

Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad

Chargrilled Spicy Faiitas (G.SO) with Mexican Rice V

Pasta (G) with Beef Bolognese Sauce

Honey & Paprika Roast Chicken

Five Bean & Barley Cassoulet (G)

with Fresh Herb Dumplings (G,mk) V

Farm Assured Beef Lasagne (G,MK)

with Chunky Tomato Salsa Salad V

Jacket Potato with Baked Beans

with a Garlic Bread Shard (G,e,SO,MK)

Wholemeal Pasta (G) with Tomato & Basil Sauce

Vegetables Green Beans & Kachumber Salad V

Dessert

Carrot Cake (G,E,mk) with Custard (MK) V

Jelly V

Vegetables

Roasted Seasonal Root Vegetables & Garden Peas V

Dessert

Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V

Homemade Mousse (MK) V

Main Meals

Main Meals

Roast Turkey, Stuffing (G) & Bread Sauce (G, MK, SO, se) with Roast Potatoes

with Mashed Potato (MK) & Caramelised Red Onion

Rosemary, Feta & Pepper Quiche (G,E,MK) with Roast Potatoes V

Classic British Beef Burger (G,E,SO,se,SU,C)

Curry (MU) with Lemon Infused Rice V

Sweet & Spiced Potato & Chickpea Keralan

with Hand Cut Potato Wedges

Jacket Potato with Baked Beans

or Grated Cheese (MK) V

Wednesday Wholemeal Pasta (G) with Cheese Sauce (G.MK) V

Vegetables

Mixed Peas & Sweetcorn V

Dessert

Sticky Toffee Pudding (G,E,MK) with Custard (MK) V

Homemade Mousse (MK) V

Veaetables

Roasted Seasonal Root Vegetables & Curly Kale V

Dessert

Warm Waffle (G,E,SO,MK) with Chocolate Custard (MK) V

Carrots, Cauliflower

Apple & Blackcurrant

Shortcrust Pastry Pie (G,mk)

with Vanilla Ice Cream (MK) V

& Green Beans V

Jelly V Vegetables

Dessert

Main Meals

Chicken Sausages with Mashed Potato (MK). Sage & Red Onion Gravy in a Yorkshire Pudding (G.E.MK)

Butterbean & Mushroom Stroganoff (MK) with Pearl Barlev Rice (G) V

Jacket Potato with Baked Beans or Grated Cheese (MK) V

Main Meals

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

Cheddar & Onion Swirl (G.MK) with Chips V

Jacket Potato with Baked Beans or Grated Cheese (MK) V

Veaetables

BBO Smoky Beans & Carrots V

Cinnamon & Apple Shortcrust Pastry Pie (G,MK) with Vanilla Ice Cream (MK) V

Jelly V

Vegetables

Baked Beans & Garden Peas V

Dessert

Vanilla Shortbread Biscuit (G) V

Homemade Mousse (MK) V

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

or Grated Cheese (MK) V

Free Range Egg, Cheese & Vegetable Frittata (E,MK)

Mild Chilli Taco (G.MK.SO) & Minted Yoghurt (MK)

with Chips V

Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)

Jelly V

Vegetables

Dessert

Carrots & Broccoli V

Red Cherry & Apple

Shortcrust Pastry Pie (G,mk)

with Vanilla Ice Cream (MK) \

Veaetables Baked Beans & Garden Peas V

Dessert

Chocolate & Beetroot Brownie (G,E,mk) V

Homemade Mousse (MK) V

Main Meak

Thursday

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

Friday BBO Pulled Carrot & Bean Slider with Mozzarella Cheese (G,se,MK) V

Jacket Potato with Baked Beans or Grated Cheese (MK) V

Homemade Mousse (MK) V

Vegetables Baked Beans & Garden Peas V

Dessert

Baked Banana Flapjack (G,mk) V

Jelly V

Salad Bar

■ Mexican Mixed Bean & Pasta Salad (G) V Traditional Potato Salad (E) V

Asian Noodle Coleslaw (G,SO,E) V Sweet Chilli Watermelon & Mint Salad V Grated Carrot, Cucumber Sticks, Sweetcorn,

Mixed Leaf & Tomato Salad V

Freshly Baked Bread

Pumpkin & Carrot (G.SO.MK.e) V Wholemeal (G,SO,MK,e) V

Dessert

Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

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

Salad Bar

Friday

Available

Mediterranean Orzo Pasta & Barley Salad (G) V Crunchy Apple & Potato Salad (E) V Red Cabbage & Pineapple Slaw (E) V

Spinach, Basil & Tomato Ouinoa Salad (G.MU) V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V

Freshly Baked Bread

Cheesy Oat, Courgette & Thyme (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V

Dessert

Fresh Fruit Platter V Homemade Yoahurt (MK.SO) V

Salad Bar

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Tomato & Basil Pasta Salad (G) V

B Sweet Potato & Chickpea Pesto Salad (MK) V

Traditional Coleslaw (E) V

Mixed Leaf & Tomato Salad V

Giant Cous Cous with Feta Cheese & Mint (G, MK, MU) V Grated Carrot, Cucumber Sticks, Sweetcorn,

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

Freshly Baked Bread

Sunflower, Rosemary & Tomato (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V

Dessert

Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

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

Allergen Keu: Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

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