

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

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

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

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

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

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: 31st Aug, 21st Sep, 1st Oct, 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar

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

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

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

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

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: 7th Sep, 28th Sep, 19th Oct, 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb, 15th Mar

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

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

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

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

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: 14th Sep, 5th Oct, 26th Oct, 16th Nov, 7th Dec, 28th Dec, 1st Jan, 8th Feb, 1st Mar, 22nd Mar

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.

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