

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
Margarita Pizza with Potato Salad V
Sweet Potato & Vegetable Dhal with Rice Ve
Jacket Potato with Baked Beans Ve or Cheese V

Vegetables
Sweetcorn & Green Beans Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

Tuesday

Main Meals
Beef Burger in a Bun with Oven Baked Wedges
Vegetarian Burger in a Bun with Oven Baked Wedges Ve
Pasta with Tomato & Basil Sauce Ve

Vegetables
Peas Ve & Coleslaw V

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

Wednesday

Main Meals
Roast Chicken Fillets in Tomato Sauce with Roast Potatoes
Chick Pea & Cauliflower Bake with Roast Potatoes Ve
Wholemeal Pasta with Cheese Sauce V

Vegetables
Carrots & Cabbage Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

Thursday

Main Meals
Chicken & Beef Sausages with Mashed Potato & Gravy
Vegan Sausage with Mash & Gravy Ve
Jacket Potato with Tuna Mayonnaise or Cheese V

Vegetables
Broccoli & Sweetcorn Ve

Dessert
Carrot Cake V

Friday

Main Meals
Oven Baked Fish Fingers with Oven Baked Chips
Vegetable Fingers with Oven Baked Chips Ve
Pasta with Tomato & Basil Sauce Ve

Vegetables
Baked Beans & Peas Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

Freshly Baked Bread:
Pumpkin & Carrot V Wholemeal V

Week 1:
1st Nov, 22nd Nov, 13th Dec, 3rd Jan, 24th Jan, 14th Feb, 7th Mar, 28th Mar

MF Monday

Main Meals
Mac n Cheese with Garlic Bread V
Vegetable & Bean Stew Ve with Garlic Bread V
Jacket Potato with Tuna Mayonnaise or Cheese V

Vegetables
Broccoli Florets & Carrots Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

Tuesday

Main Meals
Chicken Fajita with Rice
Vegetable Fajita with Rice Ve
Wholemeal Pasta with Cheese Sauce V

Vegetables
Green Beans & Sweetcorn Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

Wednesday

Main Meals
Lemon & Thyme Roast Chicken Fillets with Roast Potatoes & Gravy
Sweet Chilli & Vegetable Stirfry Noodles V
Jacket Potato with Baked Beans Ve or Cheese V

Vegetables
Cauliflower & Peas Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

Thursday

Main Meals
Traditional Beef Bolognese with Spaghetti
Vegan Bolognese with Spaghetti Ve
Pasta with Tomato Sauce Ve

Vegetables
Carrots & Cabbage Ve

Dessert
Cherry Cookie Ve

Friday

Main Meals
Battered Fish Fillets with Oven Baked Chips
Vegan Bean Burrito with Oven Baked Chips Ve
Jacket Potato with Baked Beans Ve or Cheese V

Vegetables
Baked Beans & Peas Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

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

Week 2:
8th Nov, 29th Nov, 20th Dec, 10th Jan, 31st Jan, 21st Feb, 14th Mar, 4th Apr

MF Monday

Main Meals
Quorn Sausages with Potato Wedges V
Squash & Butterbean Curry Ve with Naan Bread V
Pasta with Tomato & Basil Sauce Ve

Vegetables
Peas & Cauliflower Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

Tuesday

Main Meals
Beef Chilli Con Carne with Rice
Vegan Chilli Con Carne with Rice Ve
Jacket Potato with Tuna Mayonnaise or Cheese V

Vegetables
Sweetcorn & Carrots Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

Wednesday

Main Meals
Herby Roast Chicken Fillets with Roast Potatoes & Gravy
Vegan Sausage Loaf with Roast Potatoes & Gravy Ve
Wholemeal Pasta with Creamy Salmon or Cheese Sauce V

Vegetables
Green Cabbage & Roasted Root Vegetables Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

Thursday

Main Meals
Chicken & Vegetable Pie with Mashed Potato
Bombay Potato Buritto Ve
Jacket Potato with Baked Beans Ve or Cheese V

Vegetables
Green Beans & Carrots Ve

Dessert
Vanilla Shortbread Ve with Homemade Lemon Curd V

Friday

Main Meals
Oven Baked Fish Fingers with Oven Baked Chips
Spinach & Tomato Pastry Pocket with Oven Baked Chips V
Pasta with Cheese Sauce V

Vegetables
Baked Beans & Peas Ve

Dessert
Homemade Fruit Yoghurt V
Fruit Platter Ve

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

Week 3:
15th Nov, 6th Dec, 27th Dec, 17th Jan, 7th Feb, 28th Feb, 21st Mar

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

Available Every Day
Fresh Fruit Platter Ve
Homemade Fruit Yoghurt 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.

BM2StJohns&StClements

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