

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

Meat Free Monday	Main Meals	Chargrilled Vegetarian Fajitas with Hand Cut Cajun Spiced Potato Wedges ✓ Five Bean Chilli with Lime Infused Brown Rice ✓ Pasta with Tomato & Basil Sauce ✓	Vegetables	Carrots & Garden Peas ✓	Dessert	Caramelised Apple & Raisin Crumble with Custard ✓
	Main Meals	Mild Chicken Masala with Yellow Rice Country Vegetable Cottage Pie Topped with Herby Sweet Potato ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Broccoli & Sweetcorn ✓	Dessert	Sticky Ginger Cake with Custard ✓
	Main Meals	Farm Assured British Roast Turkey, Traditional Gravy, Bread Sauce with Roast Potatoes Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans ✓ Wholemeal Pasta with Tomato & Basil Sauce ✓	Vegetables	Roasted Seasonal Root Vegetables & Seasonal Cabbage ✓	Dessert	Vanilla Shortbread Biscuit ✓
	Main Meals	British Beef Burger in a Bun with Homemade BBQ Relish & New Potatoes PB Red Lentil & Cheese Loaf with a Rich Tomato Sauce & New Potatoes ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Classic Coleslaw & Sliced Tomato Salad ✓	Dessert	Traditional Lemon Sponge with Custard ✓
	Main Meals	Fish Fingers & Chips with Tartar Sauce Free Range Egg, Cheese & Vegetable Frittata ✓ Pasta with Tomato & Basil Sauce & Grated Cheese ✓	Vegetables	Baked Beans & Garden Peas ✓	Dessert	Raspberry Ripple Ice Cream ✓
Available Every Day	Salad Bar	PB Mediterranean Bean with Orzo Pasta & Mint ✓ Potato Salad with French Dressing ✓ Asian Coleslaw ✓ PB Sweet Chilli, Watermelon & Mint Salad ✓ Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓	Freshly Baked Bread	PB Chickpea & Coriander Masala ✓ Wholemeal ✓ Dessert Fresh Fruit Platter ✓		
	Week 1: 22 Apr, 13 May, 3 Jun, 24 Jun, 15 Jul, 2 Sep, 23 Sep, 14 Oct					

Meat Free Monday	Main Meals	Mediterranean Tagine with Mixed Barley & Cous Cous ✓ Ultimate Mac & Cheese ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Chopped House Salad & Sweetcorn ✓	Dessert	Pear & Apple Oaty Crumble with Custard ✓
	Main Meals	Farm Assured British Beef Lasagne with a Garlic Bread Shard Sweet Potato & Chickpea Korma with Citrus Infused Rice ✓ Pasta with Tomato & Basil Sauce ✓	Vegetables	Seasonal Shredded Cabbage & Carrots ✓	Dessert	Chocolate Beetroot Brownie ✓
	Main Meals	Honey Glazed Garlic & Lemon Infused British Roast Chicken, Traditional Gravy with Roast Potatoes PB Roasted Aubergine & Sweet Cherry Tomato Moussaka ✓ Wholemeal Pasta with Tomato & Basil Sauce ✓	Vegetables	Roasted Seasonal Root Vegetables & Garden Peas ✓	Dessert	Raspberry Ripple Ice Cream ✓
Tuesday	Main Meals	Chicken Sausages with Bubble & Squeak Mash in a Yorkshire Pudding with Onion Gravy Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Broccoli & Carrots ✓	Dessert	Traditional Sultana Sponge with Custard ✓
	Main Meals	Battered Cod & Chips with Tartar Sauce Mexican Bean Burger with Lime Yoghurt & Salsa Roja ✓ Jacket Potato with Salmon Mayonnaise or Cheddar Cheese	Vegetables	Baked Beans & Garden Peas ✓	Dessert	Maryland Cookie ✓
Wednesday	Main Meals	Roasted Seasonal Root Vegetables & Garden Peas ✓ Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw ✓ Wholemeal Pasta with Tomato & Basil Sauce ✓	Vegetables	Roasted Seasonal Root Vegetables & Broccoli ✓	Dessert	Fruit Flapjack ✓
	Main Meals	Slow Cooked Shredded British Chicken Taco with Coriander Brown Rice & Apple Coleslaw Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Peas & Cauliflower Florets ✓	Dessert	Orange & Courgette Sponge with Custard ✓
Thursday	Main Meals	Farm Assured British Roast Beef, Yorkshire Pudding & Traditional Gravy with Rosemary Roast Potatoes Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw ✓ Wholemeal Pasta with Tomato & Basil Sauce ✓	Vegetables	Roasted Seasonal Root Vegetables & Broccoli ✓	Dessert	Fruit Flapjack ✓
	Main Meals	Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy PB Spinach, Mushroom & Mozzarella Lasagne with a Garlic Bread Shard ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Carrots & Green Beans ✓	Dessert	Traditional Chocolate Sponge & Chocolate Sauce ✓
Friday	Main Meals	Fish Fingers & Chips with Tartar Sauce Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto ✓ Pasta with Tomato & Basil Sauce ✓	Vegetables	Baked Beans & Garden Peas ✓	Dessert	Raspberry Ripple Ice Cream ✓
	Main Meals	Mexican Mixed Bean & Pasta Salad ✓ Crunchy Apple & Potato Salad ✓ Red Cabbage & Pineapple Slaw ✓ PB Rainbow Quinoa Salad with Pumpkin Seeds ✓ Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓	Freshly Baked Bread	PB Rosemary, Oat & Caramelised Red Onion ✓ Wholemeal ✓ Dessert Fresh Fruit Platter ✓		
Week 2: 29 Apr, 20 May, 10 Jun, 1 Jul, 22 Jul, 9 Sep, 30 Sep, 21 Oct						

Meat Free Monday	Main Meals	Cheese & Tomato Pizza with Hand Cut Potato Wedges ✓ Vegetarian Sausages with Mashed Potato in a Yorkshire Pudding with Gravy ✓ Pasta with Tomato & Basil Sauce ✓	Vegetables	Carrots & Sweetcorn ✓	Dessert	Summer Berry & Apple Crumble with Custard ✓
	Main Meals	Slow Cooked Shredded British Chicken Taco with Coriander Brown Rice & Apple Coleslaw Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Peas & Cauliflower Florets ✓	Dessert	Orange & Courgette Sponge with Custard ✓
Tuesday	Main Meals	Farm Assured British Roast Beef, Yorkshire Pudding & Traditional Gravy with Rosemary Roast Potatoes Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw ✓ Wholemeal Pasta with Tomato & Basil Sauce ✓	Vegetables	Roasted Seasonal Root Vegetables & Broccoli ✓	Dessert	Fruit Flapjack ✓
	Main Meals	Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy PB Spinach, Mushroom & Mozzarella Lasagne with a Garlic Bread Shard ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Carrots & Green Beans ✓	Dessert	Traditional Chocolate Sponge & Chocolate Sauce ✓
Wednesday	Main Meals	Fish Fingers & Chips with Tartar Sauce Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto ✓ Pasta with Tomato & Basil Sauce ✓	Vegetables	Baked Beans & Garden Peas ✓	Dessert	Raspberry Ripple Ice Cream ✓
	Main Meals	Mexican Mixed Bean & Pasta Salad ✓ Crunchy Apple & Potato Salad ✓ Red Cabbage & Pineapple Slaw ✓ PB Rainbow Quinoa Salad with Pumpkin Seeds ✓ Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓	Freshly Baked Bread	PB Rosemary, Oat & Caramelised Red Onion ✓ Wholemeal ✓ Dessert Fresh Fruit Platter ✓		
Week 3: 6 May, 27 May, 17 Jun, 8 Jul, 26 Aug, 16 Sep, 7 Oct						