

# 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](http://www.schoolfoodplan.com)

<b>MF Monday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Macaroni Cheese with Crispy Ciabatta & Herb Crumb <b>V</b>	Carrots & Green Beans <b>Ve</b>
	<b>Dessert</b>	
	Roasted Squash & Basil Risotto <b>Ve</b>	Fresh Fruit Platter <b>Ve</b>
	Jacket Potato with choice of toppings <b>V</b>	Fresh Natural Yoghurt with Fruit Puree <b>V</b>

<b>Tuesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken Tikka Masala with Rice	Peas & Broccoli <b>Ve</b>
	<b>Dessert</b>	
	Chargrilled Vegetable Quesadilla with Rice <b>Ve</b>	Cheese & Crackers with Cucumber Sticks <b>V</b>
	Pasta with a choice of toppings <b>V</b>	

<b>Wednesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Roasted Chicken with Roasted Potatoes & Gravy	Green Cabbage & Carrots <b>Ve</b>
	<b>Dessert</b>	
	Spiced Moroccan Chickpea Curry with Lemon Couscous <b>Ve</b>	Fresh Fruit Platter <b>Ve</b>
	Jacket Potato with choice of toppings <b>V</b>	Fresh Natural Yoghurt with Fruit Puree <b>V</b>

<b>Thursday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Beef Burger in a Bun	Sweetcorn & Coleslaw <b>Ve</b>
	<b>Dessert</b>	
	Crispy Chickpea Burger in a Bun <b>Ve</b>	Fresh Fruit Platter <b>Ve</b>
	Pasta with a choice of toppings <b>V</b>	Fresh Natural Yoghurt with Fruit Puree <b>V</b>

<b>Friday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Fish Fingers with Homemade Tomato Ketchup & Chips	Baked Beans & Peas <b>Ve</b>
	<b>Dessert</b>	
	Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips <b>Ve</b>	Chocolate & Carrot Brownie <b>V</b>
	Jacket Potato with choice of toppings <b>V</b>	

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: 20<sup>th</sup> Apr, 11<sup>th</sup> May, 1<sup>st</sup> Jun, 22<sup>nd</sup> Jun, 13<sup>th</sup> Jul, 31<sup>st</sup> Aug, 21<sup>st</sup> Sep, 12<sup>th</sup> Oct

<b>MF Monday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Margherita Pizza <b>V</b>	Coleslaw & Carrots <b>Ve</b>
	<b>Dessert</b>	
	Mexican 5 Bean & Vegetable Tostada with Pomegranate <b>Ve</b>	Fresh Fruit Platter <b>Ve</b>
	Jacket Potato with choice of toppings <b>V</b>	Fresh Natural Yoghurt with Fruit Puree <b>V</b>

<b>Tuesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Classic Spaghetti Beef Bolognese	Peas & Cauliflower <b>Ve</b>
	<b>Dessert</b>	
	Sweet Potato Topped Vegetable Pie <b>Ve</b>	Pitta Strips with Houmous, Carrot Sticks & Olives <b>V</b>
	Pasta with a choice of toppings <b>V</b>	

<b>Wednesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy	Carrots & Green Cabbage <b>Ve</b>
	<b>Dessert</b>	
	Mediterranean Vegetable Tart <b>Ve</b>	Fresh Fruit Platter <b>Ve</b>
	Jacket Potato with choice of toppings <b>V</b>	Fresh Natural Yoghurt with Fruit Puree <b>V</b>

<b>Thursday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken & Beef Sausages with Mashed Potatoes & Onion Gravy	Roasted Seasonal Vegetables & Sweetcorn <b>Ve</b>
	<b>Dessert</b>	
	Vegetarian Sausages with Steamed New Potatoes <b>Ve</b>	Fresh Fruit Platter <b>Ve</b>
	Pasta with a choice of toppings <b>V</b>	Fresh Natural Yoghurt with Fruit Puree <b>V</b>

<b>Friday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Battered Fish with Homemade Tomato Ketchup or Salmon Fishcake in a Bun & Chips	Baked Beans & Peas <b>Ve</b>
	<b>Dessert</b>	
	Falafel & Carrot Wrap with Salsa & Chips <b>Ve</b>	Apple Crumble <b>Ve</b>
	Jacket Potato with choice of toppings <b>V</b>	

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: 27<sup>th</sup> Apr, 18<sup>th</sup> May, 8<sup>th</sup> Jun, 29<sup>th</sup> Jun, 20<sup>th</sup> Jul, 7<sup>th</sup> Sep, 28<sup>th</sup> Sep, 19<sup>th</sup> Oct

<b>MF Monday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Roasted Tomato & Vegetable Cheesy Pasta <b>V</b>	Broccoli & Mixed Salad <b>Ve</b>
	<b>Dessert</b>	
	Vegetarian Katsu Curry with Rice <b>Ve</b>	Fresh Fruit Platter <b>Ve</b>
	Jacket Potato with choice of toppings <b>V</b>	Fresh Natural Yoghurt with Fruit Puree <b>V</b>

<b>Tuesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Mild Jerk Chicken with Rice & Peas	Sweetcorn <b>Ve</b>
	<b>Dessert</b>	
	Vegetarian Spicy Special Fried Rice <b>Ve</b>	Warm Savoury Cheese & Herb Scones with Low Fat Spread <b>V</b>
	Pasta with a choice of toppings <b>V</b>	

<b>Wednesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Roast Chicken served with Roasted Potatoes & Gravy	Cauliflower & Peas <b>Ve</b>
	<b>Dessert</b>	
	Tofu & Vegetable Noodle Stir Fry <b>Ve</b>	Fresh Fruit Platter <b>Ve</b>
	Jacket Potato with choice of toppings <b>V</b>	Fresh Natural Yoghurt with Fruit Puree <b>V</b>

<b>Thursday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce with Noodles	Green Beans <b>Ve</b>
	<b>Dessert</b>	
	Pitta Pizza topped with Houmous & Roasted Vegetables <b>Ve</b>	Fresh Fruit Platter <b>Ve</b>
	Pasta with a choice of toppings <b>V</b>	Fresh Natural Yoghurt with Fruit Puree <b>V</b>

<b>Friday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Fish Fingers with Homemade Tomato Ketchup & Chips	Baked Beans & Peas <b>Ve</b>
	<b>Dessert</b>	
	Homemade Crispy Vegetable Nuggets with Chips <b>Ve</b>	Baked Banana Flapjack <b>V</b>
	Jacket Potato with choice of toppings <b>V</b>	

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: 13<sup>th</sup> Apr, 4<sup>th</sup> May, 25<sup>th</sup> May, 15<sup>th</sup> Jun, 6<sup>th</sup> Jul, 14<sup>th</sup> Sep, 5<sup>th</sup> 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.

BM2 St John St Clements

April 2020