

# MADE FRESH EVERY DAY

## WEEK 1:

3<sup>rd</sup> SEPT, 24<sup>th</sup> SEPT, 15<sup>th</sup> OCT

### Meat Free Monday

- Bolognese Sauce & Herb Spaghetti (G, mk) V
- Sweetcorn & Pepper Pizza (G, MK) with Homemade Potato Wedges V
- Broccoli & Carrots V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Apple Crumble (G, mk) with Custard (MK) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Chocolate Mousse (MK) V

### Tuesday

- Chicken Curry (MK) with Yellow Rice
- Leetil, Spinach & Sweet Potato Baiti (G, mk) with Yellow Rice V
- Sweetcorn & Seasonal Cabbage V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Jelly V

### Wednesday

- Roast Pork & Apple sauce with Roast Potatoes
- Vegetarian Sausage Casserole (G, SO, SU) with Fusilli Pasta Twists (G) V
- Seasonal Roasted Vegetables & Garden Peas V
- Jacket Potato with Baked Beans or Grated Cheese (MK) V
- Rhubarb & Apple Pie (G, MK) with Custard (MK) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Chocolate Mousse (MK) V

### Thursday

- Chicken & Sweetcorn Pie (G, MK) with Mashed Potato (MK) & Gravy
- Vegetarian Pie (G, MK) with Mashed Potato (MK) & Gravy V
- Carrots & Broccoli V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Pineapple Upside Down Cake (G, E, mk, SO) with Custard (MK) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Jelly V

### Friday

- Fish Fingers (G, F) with Chips
- Spiry Vegetable Wrap (G, SE) with Chips V
- Baked Beans & Garden Peas V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Chocolate Bismie (G, E, mk) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO) V

## ALLERGEN KEY:

CHEESE AND CELERIAC (G), GLUTEN (G), CRUSTACEANS/SHELLFISH (G), EGGS (E), FISH (F), GLUTEN (G), LAMB (L), MILK (MK), MOLLUSCS (MO), MUSTARD (MU), OTHER NUTS (N), PEANUTS (P), SESAME SEEDS (S), SOYA AND SOYA PRODUCTS (SO), SULTANETS (SU), VEGETARIAN (V)

## WEEK 2:

10<sup>th</sup> SEPT, 1<sup>st</sup> OCT

### Meat Free Monday

- Macaroni Cheese (G, MK) V
- Enchiladas (G, E, MK) with Homemade Potato Wedges V
- Garden Peas & Sweetcorn V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Warm Watfie (G, E, SO, MK) with Chocolate Custard (MK) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Chocolate Mousse (MK) V

### Tuesday

- Chinese Style Pork Wapas (G, SO, C, mu) with Noodles (G, E, SO)
- Chinese Style Vegetable & Quorn (G, E, SO, E, C, mu) with Noodles (G, E, SO) V
- Green Beans & Sweetcorn V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Homemade Jammy Dodger Ice Cream (G, MK, SU) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Jelly V

### Wednesday

- Roast Chicken & Stuffing (G) with Roasted New Potatoes
- Vegetable & Butternut Bean Stew with Rice V
- Seasonal Roasted Vegetables & Cabbage V
- Jacket Potato with Baked Beans or Grated Cheese (MK) V
- Chocolate Sponge (G, E, mk) with Chocolate Custard (MK) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Chocolate Mousse (MK) V

### Thursday

- Cottage Pie (MK) with Gravy
- Leetil & Vegetable Pie (G, MK) with Mashed Potato (MK) & Gravy V
- Carrots & Sweetcorn V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Apple & Berry Fruit Crumble (G, mk) with Custard (MK) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Jelly V

### Friday

- Fish Fingers (G, F) with Chips
- Mozzarella & Tomato Pizza (G, MK) with Chips V
- Baked Beans & Garden Peas V
- Jacket Potato with Baked Beans, Salmon Mayo/maise (E, F) Grated Cheese (MK)
- Maryland Cookie (G, mk) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO) V

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

## WEEK 3:

27<sup>th</sup> AUG, 17<sup>th</sup> SEPT, 8<sup>th</sup> OCT

### Meat Free Monday

- Baked Lasagne (G, MK) with Garlic Bread (G, E, SO, mk) V
- Cheese & Pepper Quiche (G, E, MK) with Homemade Potato Wedges V
- Sweetcorn & Carrots V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Jam Sponge (G, E, mk, SU) with Custard (MK) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Chocolate Mousse (MK) V

### Tuesday

- BBQ Pulled Chicken (G, SO) with Warm New Potato Salad (E, MK)
- BBQ Pulled Carrot & Beans in a Bun (G, se) V
- Garden Peas & Carrots V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Raspberry Ripple Ice Cream (MK) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Jelly V

### Wednesday

- Roast Beef & Yorkshire Pudding (G, E, MK) with Roast Potatoes
- Sweet Potato & Chickpea Curry (MU) with Rice V
- Seasonal Roasted Vegetables & Garden Peas V
- Jacket Potato with Baked Beans or Grated Cheese (MK) V
- Spiry Sponge (G, E, mk) with Custard (MK) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Chocolate Mousse (MK) V

### Thursday

- Sausages (G, E, so, mk, mu, SU) with Mashed Potato (MK) & Onion Gravy
- Quorn & Sweetcorn Pie (G, E, MK) with Onion Gravy V
- Green Beans & Cauliflower V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Bread & Butter Pudding (G, E, MK, se, SO) with Custard (MK) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO), Jelly V

### Friday

- Fish Fingers (G, F) with Chips
- Vegetarian Burger (G, E, se) with Chips V
- Baked Beans & Garden Peas V
- Jacket Potato with Baked Beans, Tuna Mayo/maise (E, F) or Grated Cheese (MK)
- Shorbread Biscuit (G, mk) V
- Fresh Fruit Platter, Fresh Yoghurt (MK, SO) V

# pabulum

HONESTLY GOOD FOOD