

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 ✓	Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	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	Slow Roasted Gammon, Apple & Rosemary Chutney, Traditional Gravy with Roast Potatoes	Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans ✓	Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	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	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 ✓	Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Baked Beans & Garden Peas ✓	Dessert	Raspberry Ripple Ice Cream ✓			
Available Every Day	Salad Bar	Mediterranean Bean with Orzo Pasta & Mint ✓	Potato Salad with French Dressing ✓	Asian Coleslaw ✓	Sweet Chilli, Watermelon & Mint Salad ✓	Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓	Freshly Baked Bread	Chickpea & Coriander Masala ✓	Wholemeal ✓	Dessert	Fresh Fruit Platter ✓
	<p>Week 1: 22 Apr, 13 May, 3 Jun, 24 Jun, 15 Jul, 2 Sep, 23 Sep, 14 Oct</p>										

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 ✓	Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Seasonal Shredded Cabbage & Carrots ✓	Dessert	Chocolate Beetroot Brownie ✓			
	Main Meals	Honey Glazed Garlic & Lemon Infused British Roast Chicken, Traditional Gravy with Roast Potatoes	Roasted Aubergine & Sweet Cherry Tomato Moussaka ✓	Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Roasted Seasonal Root Vegetables & Garden Peas ✓	Dessert	Raspberry Ripple Ice Cream ✓			
	Main Meals	British Cumberland 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 ✓			
Available Every Day	Salad Bar	Mexican Mixed Bean & Pasta Salad ✓	Crunchy Apple & Potato Salad ✓	Red Cabbage & Pineapple Slaw ✓	Rainbow Quinoa Salad with Pumpkin Seeds ✓	Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓	Freshly Baked Bread	Rosemary, Oat & Caramelised Red Onion ✓	Wholemeal ✓	Dessert	Fresh Fruit Platter ✓
	<p>Week 2: 29 Apr, 20 May, 10 Jun, 1 Jul, 22 Jul, 9 Sep, 30 Sep, 21 Oct</p>										

Meat Free Monday	Main Meals	Cheese & Tomato Pizza with Hand Cut Potato Wedges ✓	Vegetarian Sausages with Mashed Potato in a Yorkshire Pudding with Gravy ✓	Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Carrots & Sweetcorn ✓	Dessert	Summer Berry & Apple Crumble with Custard ✓			
	Main Meals	Slow Cooked Shredded British Pork 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 ✓			
	Main Meals	Farm Assured British Roast Beef, Yorkshire Pudding & Traditional Gravy with Rosemary Roast Potatoes	Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw ✓	Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Roasted Seasonal Root Vegetables & Broccoli ✓	Dessert	Fruit Flapjack ✓			
	Main Meals	Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy	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 ✓			
	Main Meals	Fish Fingers & Chips with Tartar Sauce	Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto ✓	Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Vegetables	Baked Beans & Garden Peas ✓	Dessert	Raspberry Ripple Ice Cream ✓			
Available Every Day	Salad Bar	Tomato & Basil Pasta Salad ✓	Chickpea & Butterbean Pesto Salad ✓	Curried Rice & Sultana Salad ✓	Roasted Vegetables & Giant Cous Cous Salad ✓	Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓	Freshly Baked Bread	Baked Bean, Tomato & Basil ✓	Wholemeal ✓	Dessert	Fresh Fruit Platter ✓
	<p>Week 3: 6 May, 27 May, 17 Jun, 8 Jul, 26 Aug, 16 Sep, 7 Oct</p>										

BM1 Jacket Potato