

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

Meat Free Monday	<b>Main Meals</b> Cheese & Tomato Pizza with Hand Cut Potato Wedges V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Garden Peas & Traditional Coleslaw V <b>Dessert</b> Chocolate & Pear Sponge with Chocolate Sauce V
	<b>Main Meals</b> Slow Cooked Beef Masala Curry with Yellow Rice or a Chapati Bread Chickpea & Pineapple Raita Wrap V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Sweetcorn & Roasted Cauliflower V <b>Dessert</b> Ice Cream V
	<b>Main Meals</b> Lemon & Thyme Infused Roasted British Chicken & Roast Potatoes with Traditional Gravy Lentil, Tomato & Potato Balti V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Cabbage V <b>Dessert</b> Apple & Honey Oaty Crumble with Custard V
	<b>Main Meals</b> British Cumberland Sausages with Mashed Potato in a Yorkshire Pudding & Red Onion Gravy Vegetarian Yorkshire Pudding Cottage Pie with Red Onion Gravy V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Carrots & Green Beans V <b>Dessert</b> Pineapple Upside Down Sponge with Custard V
	<b>Main Meals</b> Fish Fingers & Chips Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Baked Beans & Garden Peas V <b>Dessert</b> Shortbread Biscuit V
<b>Freshly Baked Bread</b> - Pumpkin & Carrot V Wholemeal V		
<b>Everyday Dessert</b> - Fresh Fruit Platter V		
Week 1: 4 <sup>th</sup> Nov, 25 <sup>th</sup> Nov, 16 <sup>th</sup> Dec, 20 <sup>th</sup> Jan, 10 <sup>th</sup> Feb, 9 <sup>th</sup> Mar, 30 <sup>th</sup> Mar		

Meat Free Monday	<b>Main Meals</b> Vegetarian Lasagne with Hand Cut Potato Wedges V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Garden Peas & Sweetcorn V <b>Dessert</b> Ice Cream V
	<b>Main Meals</b> British Chicken & Vegetable Pie with Mashed Potato & Gravy Sweet & Spiced Potato & Chickpea Curry with Lemon Infused Rice V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Carrots & Broccoli V <b>Dessert</b> Apple & Cinnamon Crumble with Custard V
	<b>Main Meals</b> Honey Glazed Slow Roasted Gammon & Rosemary Roast Potatoes with Traditional Gravy Spinach, Feta & Tomato Quiche with Rosemary Roast Potatoes V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Garden Peas V <b>Dessert</b> Waffle with Chocolate Sauce V
	<b>Main Meals</b> Farm Assured British Beef Lasagne with a Garlic Bread Shard Chilli Non Carne & Mexican Rice with a Taco Sail V Jacket Potato with Cheddar Cheese or Salmon Mayonnaise	<b>Vegetables</b> Green Beans & Carrots V <b>Dessert</b> Jam Sponge with Custard V
	<b>Main Meals</b> Battered Fish & Chips Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Baked Beans & Garden Peas V <b>Dessert</b> Chocolate & Beetroot Brownie V
<b>Freshly Baked Bread</b> - Courgette, Oat & Thyme V Wholemeal V		
<b>Everyday Dessert</b> - Fresh Fruit Platter V		
Week 2: 11 <sup>th</sup> Nov, 2 <sup>nd</sup> Dec, 6 <sup>th</sup> Jan, 27 <sup>th</sup> Jan, 24 <sup>th</sup> Feb, 16 <sup>th</sup> Mar		

Meat Free Monday	<b>Main Meals</b> Vegetarian Sausages with Mashed Potato & Red Onion Gravy V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Carrots & Garden Peas V <b>Dessert</b> Marbled Sponge with Custard V
	<b>Main Meals</b> Chilli Con Carne & Mexican Rice with a Taco Sail Baked Sweet Potato & Spinach Pasta in a Mozzarella Cheese Sauce V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Cauliflower & Green Beans V <b>Dessert</b> Ice Cream V
	<b>Main Meals</b> British Roast Chicken, Sage & Onion Stuffing & Roast Potatoes with Traditional Gravy Five Bean Enchilada Casserole with Roast Potatoes V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Broccoli V <b>Dessert</b> Poached Apple & Pear Crumble with Custard V
	<b>Main Meals</b> British Beef Burger in a Bun with Homemade Tomato Relish & Hand Cut Potato Wedges Vegetarian Burger in a Bun with Homemade Tomato Relish & Hand Cut Potato Wedges V Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Sweetcorn & BBQ Coleslaw V <b>Dessert</b> Carrot Cake with Custard V
	<b>Main Meals</b> Fish Fingers & Chips Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	<b>Vegetables</b> Baked Beans & Garden Peas V <b>Dessert</b> Baked Banana Flapjack V
<b>Freshly Baked Bread</b> - Sunflower, Rosemary & Tomato V Wholemeal V		
<b>Everyday Dessert</b> - Fresh Fruit Platter V		
Week 3: 28 <sup>th</sup> Oct, 18 <sup>th</sup> Nov, 9 <sup>th</sup> Dec, 13 <sup>th</sup> Jan, 3 <sup>rd</sup> Feb, 2 <sup>nd</sup> Mar, 23 <sup>rd</sup> Mar		

V - Suitable for vegetarians

### 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.

All products are subject to availability.

BM1 Jacket Potato

November 2019