

# 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)

MF Monday	<b>Main Meals</b>	Roasted Vegetable & Bean Hotpot <b>Ve</b>	<b>Vegetables</b>	Peas <b>Ve</b>
		Sweetcorn & Courgette Fritter with Side Salad <b>V</b>	<b>Dessert</b>	Apple & Cinnamon Sponge with Custard <b>V</b>
		Pasta with Cheese & Chive Sauce <b>V</b>		

Tuesday	<b>Main Meals</b>	Beef Lasagne	<b>Vegetables</b>	Chinese Cabbage <b>Ve</b>
		Squash & Lentil Curry with Steamed Rice <b>Ve</b>	<b>Dessert</b>	Strawberry Cheesecake <b>V</b>
		Jacket Potato with Cheese <b>V</b> or Salmon Mayonnaise		

Wednesday	<b>Main Meals</b>	Roast Chicken Fillets with Roast Potatoes & Gravy	<b>Vegetables</b>	Green Cabbage & Carrots <b>Ve</b>
		Vegan Cornish Pasty with Roast Potatoes <b>Ve</b>	<b>Dessert</b>	Chocolate Sponge & Chocolate Sauce <b>V</b>
		Pasta with Roasted Tomato & Pepper Sauce <b>Ve</b>		

Thursday	<b>Main Meals</b>	Cumberland Sausage with Mash & Gravy	<b>Vegetables</b>	Green Beans & Cauliflower <b>Ve</b>
		Potato Crust Cheese & Tomato Quiche with Side Salad <b>V</b>	<b>Dessert</b>	Fruit Burst Jelly <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b> or Cheese <b>V</b>		

Friday	<b>Main Meals</b>	Fish Finger Bap with Homemade Tartare Sauce & Side Salad	<b>Vegetables</b>	Baked Beans & Sweetcorn <b>Ve</b>
		Vegetarian Finger Bap with Homemade Ketchup & Side Salad <b>Ve</b>	<b>Dessert</b>	Chocolate & Orange Cookie <b>V</b>
		Pasta with Creamy Mushroom Sauce <b>V</b>		

**Freshly Baked Bread:**  
Pumpkin & Carrot **V** Wholemeal **V**

Week 1:

12<sup>th</sup> Apr, 3<sup>rd</sup> May, 24<sup>th</sup> May, 14<sup>th</sup> Jun, 5<sup>th</sup> Jul, 26<sup>th</sup> Jul, 30<sup>th</sup> Aug, 20<sup>th</sup> Sep, 11<sup>th</sup> Oct

MF Monday	<b>Main Meals</b>	Cauliflower Macaroni & Cheese with Homemade Garlic Bread <b>V</b>	<b>Vegetables</b>	Green Beans <b>Ve</b>
		Tofu Sweet & Sour Mixed Vegetables with Steamed Rice <b>Ve</b>	<b>Dessert</b>	Coconut & Jam Sponge with Custard <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b> or Cheese <b>V</b>		

Tuesday	<b>Main Meals</b>	Beef & Bean Chilli Con Carne served with Baked Potato	<b>Vegetables</b>	Sweetcorn <b>Ve</b>
		Vegan Chilli Con Carne served with Baked Potato <b>Ve</b>	<b>Dessert</b>	Berry Crumble Slice <b>Ve</b>
		Pasta with Spinach & Onion Sauce <b>V</b>		

Wednesday	<b>Main Meals</b>	Roast Pork with Roast Potatoes & Gravy	<b>Vegetables</b>	Roasted Butternut Squash & Kale <b>Ve</b>
		Potato & Leek Frittata <b>V</b>	<b>Dessert</b>	Orange & Poppy Seed Sponge <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b> or Cheese <b>V</b>		

Thursday	<b>Main Meals</b>	Chicken & Vegetable Curry with Steamed Rice	<b>Vegetables</b>	Carrots & Cauliflower <b>Ve</b>
		Lentil & Vegetable Lasagne with Garlic Bread <b>V</b>	<b>Dessert</b>	Cherry Cookie <b>Ve</b>
		Pasta with Tomato & Basil Sauce <b>Ve</b>		

Friday	<b>Main Meals</b>	Oven Baked Battered Fish with Baked Chips	<b>Vegetables</b>	Baked Beans & Garden Peas <b>Ve</b>
		Roasted Vegetable & Chick Pea Wrap <b>V</b>	<b>Dessert</b>	Vanilla & Sultana Sponge with Custard <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b> or Cheese <b>V</b>		

**Freshly Baked Bread:**  
Courgette, Oat & Thyme **V** Wholemeal **V**

Week 2:

19<sup>th</sup> Apr, 10<sup>th</sup> May, 31<sup>st</sup> May, 21<sup>st</sup> Jun, 12<sup>th</sup> Jul, 6<sup>th</sup> Sep, 27<sup>th</sup> Sep, 18<sup>th</sup> Oct

MF Monday	<b>Main Meals</b>	Chick Pea & Vegetable Curry with Rice <b>Ve</b>	<b>Vegetables</b>	Broccoli Florets <b>Ve</b>
		Homemade Vegan Burger with Baked Sweet Potato <b>Ve</b>	<b>Dessert</b>	Carrot & Apple Flapjack <b>V</b>
		Pasta with Tomato & Vegetable Sauce <b>Ve</b>		

Tuesday	<b>Main Meals</b>	Spaghetti Bolognese	<b>Vegetables</b>	Carrots & Peas <b>Ve</b>
		Carrot & Pea Risotto <b>Ve</b>	<b>Dessert</b>	Lemon Drizzle Cake <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b> Cheese <b>V</b> , or Bolognese		

Wednesday	<b>Main Meals</b>	Roast Turkey with Roast Potatoes & Gravy	<b>Vegetables</b>	Green Cabbage & Roast Carrots <b>Ve</b>
		Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy <b>Ve</b>	<b>Dessert</b>	Banana & Sultana Cake with Custard <b>V</b>
		Wholewheat Pasta with Cheese & Leek Sauce <b>V</b>		

Thursday	<b>Main Meals</b>	Creamy Chicken & Vegetables with Pasta	<b>Vegetables</b>	Sweetcorn <b>Ve</b>
		Margherita Pizza with Potato Salad <b>V</b>	<b>Dessert</b>	Chilled Rice Pudding with Berry Compote <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b> or Cheese <b>V</b>		

Friday	<b>Main Meals</b>	Fish Fingers with Oven Baked Chips	<b>Vegetables</b>	Baked Beans & Garden Peas <b>Ve</b>
		Vegetable & Lentil Croquette with Oven Baked Chips <b>Ve</b>	<b>Dessert</b>	Chocolate & Raisin Shortbread <b>Ve</b>
		Pasta with Lentil & Bean Sauce <b>Ve</b>		

**Freshly Baked Bread:**  
Sunflower, Rosemary & Tomato **V** Wholemeal **V**

Week 3:

26<sup>th</sup> Apr, 17<sup>th</sup> May, 7<sup>th</sup> Jun, 28<sup>th</sup> Jun, 19<sup>th</sup> Jul, 13<sup>th</sup> Sep, 4<sup>th</sup> Oct

**V** - Suitable for vegetarians  
**Ve** - Suitable for vegans & vegetarians

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.

BM1Regis/Sandgate

April 2021