

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

MF Monday
Main Meals
 Margarita Pizza with Potato Salad V
 Sweet Potato & Vegetable Dhal with Rice Ve
 Jacket Potato with Baked Beans Ve or Cheese V
Vegetables
 Sweetcorn & Green Beans Ve
Dessert
 Cinnamon & Sultana Bread & Butter Pudding with Custard V

Tuesday
Main Meals
 Beef Burger in a Bun with Oven Baked Wedges
 Vegetarian Burger in a Bun V with Oven Baked wedges Ve
 Pasta with Tomato & Basil Sauce Ve
Vegetables
 Peas Ve & Coleslaw V
Dessert
 Marble Sponge with Custard V

Wednesday
Main Meals
 Roast Chicken Fillets in Tomato Sauce with Roast Potatoes
 Chick Pea & Cauliflower Bake with Roast Potatoes Ve
 Wholemeal Pasta with Cheese Sauce V
Vegetables
 Carrots & Cabbage Ve
Dessert
 Waffles with Berry Compote V

Thursday
Main Meals
 Sausages with Mashed Potato & Gravy
 Vegan Mince & Vegetable Pie topped with Mashed Potato Ve
 Jacket Potato with Tuna Mayonnaise or Cheese V
Vegetables
 Broccoli & Sweetcorn Ve
Dessert
 Carrot Cake V

Friday
Main Meals
 Oven Baked Fish Fingers with Oven Baked Chips
 Vegetable Fingers with Oven Baked Chips Ve
 Pasta with Tomato & Basil Sauce Ve
Vegetables
 Baked Beans & Peas Ve
Dessert
 Pear & Berry Crumble Ve with Custard V

Freshly Baked Bread:
 Pumpkin & Carrot V Wholemeal V

Week 1:
 1st Nov, 22nd Nov, 13th Dec, 3rd Jan, 24th Jan, 14th Feb, 7th Mar, 28th Mar

MF Monday
Main Meals
 Mac n Cheese with Garlic Bread V
 Vegetable & Bean Stew Ve with Garlic Bread V
 Jacket Potato with Tuna Mayonnaise or Cheese V
Vegetables
 Broccoli Florets & Carrots Ve
Dessert
 Apple & Sultana Crumble Ve with Custard V

Tuesday
Main Meals
 Chicken Fajita with Rice
 Vegetable Fajita with Rice Ve
 Wholemeal Pasta with Cheese Sauce V
Vegetables
 Green Beans & Sweetcorn Ve
Dessert
 Sticky Toffee Pudding with Toffee Sauce V

Wednesday
Main Meals
 Honey Roast Gammon with Roast Potatoes & Gravy
 Sweet Chilli & Vegetable Stirfry Ve Noodles V
 Jacket Potato with Baked Beans Ve or Cheese V
Vegetables
 Cauliflower & Peas Ve
Dessert
 Orange & Lemon Drizzle Cake V

Thursday
Main Meals
 Sweet Potato Topped Cottage Pie
 Spinach, Courgette & Feta Filo Tart with Mashed Potato V
 Pasta with Tomato Sauce Ve
Vegetables
 Carrots & Cabbage Ve
Dessert
 Cherry Cookie Ve

Friday
Main Meals
 Battered Fish Fillets with Oven Baked Chips
 Vegan Bean Burrito with Oven Baked Chips Ve
 Jacket Potato with Baked Beans Ve or Cheese V
Vegetables
 Baked Beans & Peas Ve
Dessert
 Chocolate & Courgette Sponge with Chocolate Sauce V

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

Week 2:
 8th Nov, 29th Nov, 20th Dec, 10th Jan, 31st Jan, 21st Feb, 14th Mar, 4th Apr

MF Monday
Main Meals
 Quorn Sausages with Potato Wedges V
 Squash & Butterbean Curry Ve with Naan Bread V
 Pasta with Tomato & Basil Sauce Ve
Vegetables
 Peas & Cauliflower Ve
Dessert
 Coconut & Orange Cookie V

Tuesday
Main Meals
 Beef Chilli Con Carne with Rice
 Vegan Chilli Con Carne with Rice Ve
 Jacket Potato with Tuna Mayonnaise or Cheese V
Vegetables
 Sweetcorn & Carrots Ve
Dessert
 Banana Flapjack Ve

Wednesday
Main Meals
 Herby Roast Chicken Fillets with Roast Potatoes & Gravy
 Vegan Sausage Loaf with Roast Potatoes & Gravy Ve
 Wholemeal Pasta with Creamy Salmon or Cheese Sauce V
Vegetables
 Green Cabbage & Roasted Root Vegetables Ve
Dessert
 Maryland Sultana Cookie V

Thursday
Main Meals
 Turkey Vegetable Casserole with Pasta
 Roasted Ratatouille Pasta Bake V
 Jacket Potato with Baked Beans Ve or Cheese V
Vegetables
 Green Beans & Carrots Ve
Dessert
 Vanilla Shortbread Ve with Homemade Lemon Curd V

Friday
Main Meals
 Oven Baked Fish Fingers with Oven Baked Chips
 Spinach & Tomato Pastry Pocket with Oven Baked Chips V
 Pasta with Cheese Sauce V
Vegetables
 Baked Beans & Peas Ve
Dessert
 Chocolate & Beetroot Brownie V

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

Week 3:
 15th Nov, 6th Dec, 27th Dec, 17th Jan, 7th Feb, 28th Feb, 21st Mar

V - Suitable for vegetarians
 Ve - Suitable for vegans & vegetarians
 All products are subject to availability.

Available Every Day
 Fresh Fruit Platter Ve
 Homemade Fruit Yoghurt 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.