

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 ✓	Vegetables	Carrots & Garden Peas ✓
		Five Bean Chilli with Lime Infused Brown Rice ✓	Dessert	Caramelised Apple & Raisin Crumble with Custard ✓
		Pasta with Tomato & Basil Sauce ✓		
Tuesday	Main Meals	Mild Chicken Masala with Yellow Rice	Vegetables	Broccoli & Sweetcorn ✓
		Country Vegetable Cottage Pie Topped with Herby Sweet Potato ✓	Dessert	Sticky Ginger Cake with Custard ✓
		Jacket Potato with Cheddar Cheese or Tuna Mayonnaise		
Wednesday	Main Meals	Slow Roasted Gammon, Apple & Rosemary Chutney, Traditional Gravy with Roast Potatoes	Vegetables	Roasted Seasonal Root Vegetables & Seasonal Cabbage ✓
		Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans ✓	Dessert	Fresh Fruit Platter ✓
		Wholemeal Pasta with Tomato & Basil Sauce ✓		
Thursday	Main Meals	British Beef Burger in a Bun with Homemade BBQ Relish & New Potatoes	Vegetables	Classic Coleslaw & Sliced Tomato Salad ✓
		Red Lentil & Cheese Loaf with a Rich Tomato Sauce & New Potatoes ✓	Dessert	Traditional Lemon Sponge with Custard ✓
		Jacket Potato with Cheddar Cheese or Tuna Mayonnaise		
Friday	Main Meals	Fish Fingers & Chips with Tartar Sauce	Vegetables	Baked Beans & Garden Peas ✓
		Free Range Egg, Cheese & Vegetable Frittata ✓	Dessert	Fresh Fruit Platter ✓
		Pasta with Tomato & Basil Sauce & Grated Cheese ✓		
Available Every Day	Salad Bar	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Chickpea & Coriander Masala ✓ Wholemeal ✓ Dessert Fresh Fruit Platter ✓ Yoghurt & Fruit Compote ✓

Meat Free Monday	Main Meals	Mediterranean Tagine with Mixed Barley & Cous Cous ✓	Vegetables	Chopped House Salad & Sweetcorn ✓
		Ultimate Mac & Cheese ✓	Dessert	Pear & Apple Oaty Crumble with Custard ✓
		Jacket Potato with Cheddar Cheese or Tuna Mayonnaise		
Tuesday	Main Meals	Farm Assured British Beef Lasagne with a Garlic Bread Shard	Vegetables	Seasonal Shredded Cabbage & Carrots ✓
		Sweet Potato & Chickpea Korma with Citrus Infused Rice ✓	Dessert	Chocolate Beetroot Brownie ✓
		Pasta with Tomato & Basil Sauce ✓		
Wednesday	Main Meals	Honey Glazed Garlic & Lemon Infused British Roast Chicken, Traditional Gravy with Roast Potatoes	Vegetables	Roasted Seasonal Root Vegetables & Garden Peas ✓
		Roasted Aubergine & Sweet Cherry Tomato Moussaka ✓	Dessert	Fresh Fruit Platter ✓
		Wholemeal Pasta with Tomato & Basil Sauce ✓		
Thursday	Main Meals	British Cumberland Sausages with Bubble & Squeak Mash in a Yorkshire Pudding with Onion Gravy	Vegetables	Broccoli & Carrots ✓
		Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice ✓	Dessert	Traditional Sultana Sponge with Custard ✓
		Jacket Potato with Cheddar Cheese or Tuna Mayonnaise		
Friday	Main Meals	Battered Cod & Chips with Tartar Sauce	Vegetables	Baked Beans & Garden Peas ✓
		Mexican Bean Burger with Lime Yoghurt & Salsa Roja ✓	Dessert	Fresh Fruit Platter ✓
		Jacket Potato with Salmon Mayonnaise or Cheddar Cheese		
Available Every Day	Salad Bar	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Rosemary, Oat & Caramelised Red Onion ✓ Wholemeal ✓ Dessert Fresh Fruit Platter ✓ Yoghurt & Fruit Compote ✓

Meat Free Monday	Main Meals	Cheese & Tomato Pizza with Hand Cut Potato Wedges ✓	Vegetables	Carrots & Sweetcorn ✓
		Vegetarian Sausages with Mashed Potato in a Yorkshire Pudding with Gravy ✓	Dessert	Summer Berry & Apple Crumble with Custard ✓
		Pasta with Tomato & Basil Sauce ✓		
Tuesday	Main Meals	Slow Cooked Shredded British Pork Taco with Coriander Brown Rice & Apple Coleslaw	Vegetables	Peas & Cauliflower Florets ✓
		Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes ✓	Dessert	Orange & Courgette Sponge with Custard ✓
		Jacket Potato with Cheddar Cheese or Tuna Mayonnaise		
Wednesday	Main Meals	Farm Assured British Roast Beef, Yorkshire Pudding & Traditional Gravy with Rosemary Roast Potatoes	Vegetables	Roasted Seasonal Root Vegetables & Broccoli ✓
		Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw ✓	Dessert	Fresh Fruit Platter ✓
		Wholemeal Pasta with Tomato & Basil Sauce ✓		
Thursday	Main Meals	Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy	Vegetables	Carrots & Green Beans ✓
		Spinach, Mushroom & Mozzarella Lasagne with a Garlic Bread Shard ✓	Dessert	Traditional Chocolate Sponge & Chocolate Sauce ✓
		Jacket Potato with Cheddar Cheese or Tuna Mayonnaise		
Friday	Main Meals	Fish Fingers & Chips with Tartar Sauce	Vegetables	Baked Beans & Garden Peas ✓
		Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto ✓	Dessert	Fresh Fruit Platter ✓
		Pasta with Tomato & Basil Sauce ✓		
Available Every Day	Salad Bar	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Baked Bean, Tomato & Basil ✓ Wholemeal ✓ Dessert Fresh Fruit Platter ✓ Yoghurt & Fruit Compote ✓

Week 1: 22 Apr, 13 May, 3 Jun, 24 Jun, 15 Jul, 2 Sep, 23 Sep, 14 Oct

Week 2: 29 Apr, 20 May, 10 Jun, 1 Jul, 22 Jul, 9 Sep, 30 Sep, 21 Oct

Week 3: 6 May, 27 May, 17 Jun, 8 Jul, 26 Aug, 16 Sep, 7 Oct