

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
 Roasted Vegetable & Bean Hotpot **Ve**
 Sweetcorn & Courgette Fritter with Side Salad **V**
 Pasta with Cheese & Chive Sauce **V**

Vegetables
 Peas **Ve**

Dessert
 Apple & Cinnamon Sponge with Custard **V**

Tuesday

Main Meals
 Beef & Broccoli Stir Fry with Rice
 Vegan Chilli Con Carne served with Baked Potato **Ve**
 Jacket Potato with Cheese **V**

Vegetables
 Chinese Cabbage **Ve**

Dessert
 Fresh Fruit **Ve**

Wednesday

Main Meals
 Roast Chicken Fillets with Roast Potatoes & Gravy
 Vegan Cornish Pasty with Roast Potatoes **Ve**
 Pasta with Roasted Tomato & Pepper Sauce **Ve**

Vegetables
 Green Cabbage & Carrots **Ve**

Dessert
 Chocolate Sponge & Chocolate Sauce **V**

Thursday

Main Meals
 Cumberland Sausage with Mash & Gravy
 Potato Crust Cheese & Tomato Quiche with Side Salad **V**
 Jacket Potato with Baked Beans **Ve**

Vegetables
 Green Beans & Cauliflower **Ve**

Dessert
 Yoghurt with Fruit Compote **V**

Friday

Main Meals
 Fish Finger Bap with Homemade Tartare Sauce & Side Salad
 Vegetarian Finger Bap with Homemade Ketchup & Side Salad **Ve**
 Pasta with Creamy Mushroom Sauce **V**

Vegetables
 Baked Beans & Sweetcorn **Ve**

Dessert
 Chocolate & Orange Cookie **V**

Freshly Baked Bread:

Pumpkin & Carrot **V**

Week 1:

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

MF Monday

Main Meals
 Cauliflower Macaroni & Cheese with Homemade Garlic Bread **V**
 Tofu Sweet & Sour Mixed Vegetables with Steamed Rice **Ve**
 Jacket Potato with Baked Beans **Ve**

Vegetables
 Green Beans **Ve**

Dessert
 Coconut & Jam Sponge with Custard **V**

Tuesday

Main Meals
 Beef & Bean Chilli Con Carne served with Baked Potato
 Vegan Mince & Vegetable Pasta Bake **Ve**
 Pasta with Spinach & Onion Sauce **V**

Vegetables
 Sweetcorn **Ve**

Dessert
 Yoghurt with Fruit Compote **V**

Wednesday

Main Meals
 Roast Pork with Roast Potatoes & Gravy
 Potato & Leek Frittata **V**
 Jacket Potato with Cheese **V**

Vegetables
 Roasted Butternut Squash & Kale **Ve**

Dessert
 Orange & Poppy Seed Sponge **V**

Thursday

Main Meals
 Chicken & Vegetable Curry with Steamed Rice
 Lentil & Vegetable Lasagne with Garlic Bread **V**
 Pasta with Tomato & Basil Sauce **Ve**

Vegetables
 Carrots & Cauliflower **Ve**

Dessert
 Fresh Fruit **Ve,**

Friday

Main Meals
 Oven Baked Battered Fish with Baked Chips
 Roasted Vegetable & Chick Pea Wrap **V**
 Jacket Potato with Baked Beans **Ve**

Vegetables
 Baked Beans & Garden Peas **Ve**

Dessert
 Vanilla & Sultana Sponge with Custard **V**

Freshly Baked Bread:

Courgette, Oat & Thyme **V**

Week 2:

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

MF Monday

Main Meals
 Chick Pea & Vegetable Curry with Rice **Ve**
 Homemade Vegan Burger with Baked Sweet Potato **Ve**
 Pasta with Tomato & Vegetable Sauce **Ve**

Vegetables
 Broccoli Florets **Ve**

Dessert
 Carrot & Apple Flapjack **V**

Tuesday

Main Meals
 Beef Lasagne
 Squash & Lentil Curry with Steamed Rice **Ve**
 Jacket Potato with Cheese **V**

Vegetables
 Carrots & Peas **Ve**

Dessert
 Fresh Fruit **Ve,**

Wednesday

Main Meals
 Roast Turkey with Roast Potatoes & Gravy
 Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy **Ve**
 Wholewheat Pasta with Cheese & Leek Sauce **V**

Vegetables
 Green Cabbage & Roast Carrots **Ve**

Dessert
 Banana & Sultana Cake with Custard **V**

Thursday

Main Meals
 Creamy Chicken & Vegetables with Pasta
 Margherita Pizza with Potato Salad **V**
 Jacket Potato with Baked Beans **Ve**

Vegetables
 Sweetcorn **Ve**

Dessert
 Yoghurt with Fruit Compote **V**

Friday

Main Meals
 Fish Fingers with Oven Baked Chips
 Vegetable & Lentil Croquette with Oven Baked Chips **Ve**
 Pasta with Lentil & Bean Sauce **Ve**

Vegetables
 Baked Beans & Garden Peas **Ve**

Dessert
 Chocolate & Raisin Shortbread **Ve**

Freshly Baked Bread:

Sunflower, Rosemary & Tomato **V**

Week 3:

26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

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

All products are subject to availability.

BM1Morley

April 2021