

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

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

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* or Cheese *V*

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

Vegetables
 Peas *Ve*
Dessert
 Apple & Cinnamon Sponge with Custard *V*

Vegetables
 Broccoli Florets *Ve*
Dessert
 Carrot & Apple Flapjack *V*

Main Meals
 Beef & Broccoli Stir Fry with Egg Noodles or Rice
 Squash & Lentil Curry with Steamed Rice *Ve* or Salmon Mayonnaise

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

Main Meals
 Spaghetti Bolognese
 Carrot & Pea Risotto *Ve*
 Jacket Potato with Baked Beans *Ve* Cheese *V*, or Bolognese

Vegetables
 Chinese Cabbage *Ve*
Dessert
 Strawberry Cheesecake *V*

Vegetables
 Carrots & Peas *Ve*
Dessert
 Lemon Drizzle Cake *V*

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

Main Meals
 Roast Pork with Roast Potatoes & Gravy
 Potato & Leek Frittata *V*
 Jacket Potato with Baked Beans *Ve* or Cheese *V*

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 & Carrots *Ve*
Dessert
 Chocolate Sponge & Chocolate Sauce *V*

Vegetables
 Green Cabbage & Roast Carrots *Ve*
Dessert
 Banana & Sultana Cake with Custard *V*

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

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

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

Vegetables
 Green Beans & Cauliflower *Ve*
Dessert
 Fruit Burst Jelly *V*

Vegetables
 Sweetcorn *Ve*
Dessert
 Chilled Rice Pudding with Berry Compote *V*

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*

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

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 & Sweetcorn *Ve*
Dessert
 Chocolate & Orange Cookie *V*

Vegetables
 Baked Beans & Garden Peas *Ve*
Dessert
 Chocolate & Raisin Shortbread *Ve*

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

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

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

Week 1:
 12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

Week 2:
 19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

Week 3:
 26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

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

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.

BM1

April 20

pabulum