

# Let's see what's for lunch...

<b>MF Monday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Macaroni Cheese with Crispy Ciabatta & Herb Crumb (G,SO,MK,e) V	Carrots & Green Beans Ve
	Roasted Squash & Basil Risotto Ve	<b>Dessert</b>
Jacket Potato with choice of toppings V	Chocolate & Beetroot Sponge (G,E) V	

<b>Tuesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken Tikka Masala (MU) with Rice	Lentil Dhal (g) & Broccoli Ve
	Chargrilled Vegetable Quesadilla (G,MU) with Rice Ve	<b>Dessert</b>
Pasta (G) with a choice of toppings V	Courgette & Orange Cake (G,E) V	

<b>Wednesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Gammon with Orange & Herb Glaze served with Roasted Potatoes & Gravy	Green Cabbage & Carrots Ve
	Spiced Moroccan Chickpea Curry with Lemon Couscous (G,SU,so) Ve	<b>Dessert</b>
Jacket Potato with choice of toppings V	Ice Cream (MK) with Fruit V	

<b>Thursday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Beef Burger in a Bun (G,se)	Sweetcorn & Coleslaw (G,MU) Ve
	Crispy Chickpea Burger in a Bun (G,MU,se) Ve	<b>Dessert</b>
Pasta (G) with a choice of toppings V	Apple & Oat Crumble (G) V	

<b>Friday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips	Baked Beans & Peas Ve
	Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla (G,MU) & Chips Ve	<b>Dessert</b>
Jacket Potato with choice of toppings V	Chocolate & Carrot Brownie (G,E) V	

**Freshly Baked Bread** - Pumpkin & Carrot (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V

**Jacket Potato Toppings** - Baked Beans Ve or Grated Cheese (MK) V

**Pasta Toppings** - Homemade Tomato & Vegetable Sauce (g) Ve or Cheddar Cheese (MK) V

Week 1: 31<sup>st</sup> Aug, 21<sup>st</sup> Sep, 12<sup>th</sup> Oct, 2<sup>nd</sup> Nov, 23<sup>rd</sup> Nov, 14<sup>th</sup> Dec, 4<sup>th</sup> Jan, 25<sup>th</sup> Jan, 15<sup>th</sup> Feb, 8<sup>th</sup> Mar, 29<sup>th</sup> Mar

<b>MF Monday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Margherita Pizza (G,MK) V	Coleslaw (G,MU) & Carrots Ve
	Mexican 5 Bean & Vegetable Tostada with Pomegranate (G,MU) Ve	<b>Dessert</b>
Jacket Potato with choice of toppings V	Sticky Toffee Pudding (G,MK,E) V	

<b>Tuesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Classic Spaghetti (G) Beef Bolognese (g)	Peas & Cauliflower Ve
	Sweet Potato Topped Vegetable Pie (g) Ve	<b>Dessert</b>
Pasta (G) with a choice of toppings V	Carrot & Ginger Sponge (G,E) V	

<b>Wednesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Herby Chicken Breast with Roasted New Potatoes, Stuffing (G) & Gravy	Carrots & Green Cabbage Ve
	Mediterranean Vegetable Tart (G) Ve	<b>Dessert</b>
Jacket Potato with choice of toppings V	Chocolate Orange Cheesecake (G,MK) V	

<b>Thursday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Cumberland Sausages (G,SU) with Mashed Potatoes (MK) & Onion Gravy	Roasted Seasonal Vegetables & Sweetcorn Ve
	Vegetarian Sausages (G,SO,C,SU) with Steamed New Potatoes Ve	<b>Dessert</b>
Pasta (G) with a choice of toppings V	Peach Sponge Cake (G,E) V	

<b>Friday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Battered Fish (G,F) with Homemade Tomato Ketchup (G) or Salmon Fishcake in a Bun (G,F,se) & Chips	Baked Beans & Peas Ve
	Falafel & Carrot Wrap with Salsa (G,SU) & Chips Ve	<b>Dessert</b>
Jacket Potato with choice of toppings V	Banana Flapjack (G) Ve	

**Freshly Baked Bread** - Courgette, Oat & Thyme (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V

**Jacket Potato Toppings** - Baked Beans Ve or Grated Cheese (MK) V

**Pasta Toppings** - Homemade Tomato & Vegetable Sauce (g) Ve or Cheddar Cheese (MK) V

Week 2: 7<sup>th</sup> Sep, 28<sup>th</sup> Sep, 19<sup>th</sup> Oct, 9<sup>th</sup> Nov, 30<sup>th</sup> Nov, 21<sup>st</sup> Dec, 11<sup>th</sup> Jan, 1<sup>st</sup> Feb, 22<sup>nd</sup> Feb, 15<sup>th</sup> Mar

## 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)

<b>MF Monday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Roasted Tomato & Vegetable Cheesy Pasta (G,MK) V	Broccoli & Mixed Salad Ve
	Jackfruit Katsu Curry with Rice Ve	<b>Dessert</b>
Jacket Potato with choice of toppings V	Caramelised Pineapple Sponge (G,E) V	

<b>Tuesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Mild Jerk Chicken with Rice & Peas	Sweetcorn Ve
	Vegetarian Spicy Special Fried Rice (G,SO) Ve	<b>Dessert</b>
Pasta (G) with a choice of toppings V	Apple Pie Cinnamon Roll (G,SO,MK,e) V	

<b>Wednesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Roast Chicken served with Roasted Potatoes & Gravy	Cauliflower & Peas Ve
	Tofu & Vegetable Noodle Stir Fry (SO) Ve	<b>Dessert</b>
Jacket Potato with choice of toppings V	Ice Cream (MK) with Fruit V	

<b>Thursday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce (G) with Noodles (G,E)	Green Beans Ve
	Pitta Pizza topped with Houmous & Roasted Vegetables (G,SU) Ve	<b>Dessert</b>
Pasta (G) with a choice of toppings V	Chocolate Shortbread Biscuit (G) Ve	

<b>Friday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips	Baked Beans & Peas Ve
	Homemade Crispy Vegetable Nuggets (G,MU) with Chips Ve	<b>Dessert</b>
Jacket Potato with choice of toppings V	Lemon Drizzle Cake (G,E,SU) V	

**Freshly Baked Bread** - Sunflower, Rosemary & Tomato (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V

**Jacket Potato Toppings** - Baked Beans Ve or Grated Cheese (MK) V

**Pasta Toppings** - Homemade Tomato & Vegetable Sauce (g) Ve or Cheddar Cheese (MK) V

Week 3: 14<sup>th</sup> Sep, 5<sup>th</sup> Oct, 26<sup>th</sup> Oct, 16<sup>th</sup> Nov, 7<sup>th</sup> Dec, 28<sup>th</sup> Dec, 18<sup>th</sup> Jan, 8<sup>th</sup> Feb, 1<sup>st</sup> Mar, 22<sup>nd</sup> Mar

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

All products are subject to availability.

**Allergen Key - CAPITAL LETTERS = contains, lower case = may contain**

Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM1

**Available Every Day**

Fresh Fruit Platter Ve  
Fresh Natural Yoghurt (SO,MK) with Fruit Puree V

August 2020

**pabulum**  
HONESTLY GOOD FOOD