

# 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](http://www.schoolfoodplan.com)

Meat Free Monday	Main Meals	Vegetables	Dessert
	Cheese & Tomato Pizza with Hand Cut Potato Wedges ✓ Pasta with Tomato & Basil Sauce or Cheese Sauce ✓	Garden Peas & Traditional Coleslaw ✓ Chocolate & Pear Sponge with Chocolate Sauce ✓	
Tuesday	Main Meals	Vegetables	Dessert
	Slow Cooked Beef Masala Curry with Yellow Rice or a Chapati Bread Chickpea & Pineapple Raita Wrap ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Sweetcorn & Roasted Cauliflower ✓ Ice Cream ✓	
Wednesday	Main Meals	Vegetables	Dessert
	Lemon & Thyme Infused Roasted British Chicken & Roast Potatoes with Traditional Gravy Lentil, Tomato & Potato Balti ✓ Wholemeal Pasta with Vegetarian Bolognese Sauce ✓	Roasted Seasonal Root Vegetables & Cabbage ✓ Apple & Honey Oaty Crumble with Custard ✓	
Thursday	Main Meals	Vegetables	Dessert
	British Cumberland Sausages with Mashed Potato in a Yorkshire Pudding & Red Onion Gravy Vegetarian Yorkshire Pudding Cottage Pie with Red Onion Gravy ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Carrots & Green Beans ✓ Pineapple Upside Down Sponge with Custard ✓	
Friday	Main Meals	Vegetables	Dessert
	Fish Fingers & Chips Pasta with Tomato & Basil Sauce ✓	Baked Beans & Garden Peas ✓ Shortbread Biscuit ✓	
Freshly Baked Bread - Pumpkin & Carrot ✓ Wholemeal ✓			
Everyday Dessert - Fresh Fruit Platter ✓			
Week 1: 4 <sup>th</sup> Nov, 25 <sup>th</sup> Nov, 16 <sup>th</sup> Dec, 20 <sup>th</sup> Jan, 10 <sup>th</sup> Feb, 9 <sup>th</sup> Mar, 30 <sup>th</sup> Mar			

Meat Free Monday	Main Meals	Vegetables	Dessert
	Vegetarian Lasagne with Hand Cut Potato Wedges ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Garden Peas & Sweetcorn ✓ Ice Cream ✓	
Tuesday	Main Meals	Vegetables	Dessert
	British Chicken & Vegetable Pie with Mashed Potato & Gravy Sweet & Spiced Potato & Chickpea Curry with Lemon Infused Rice ✓ Pasta with Vegetarian Bolognese Sauce ✓	Carrots & Broccoli ✓ Apple & Cinnamon Crumble with Custard ✓	
Wednesday	Main Meals	Vegetables	Dessert
	Honey Glazed Slow Roasted Gammon & Rosemary Roast Potatoes with Traditional Gravy Spinach, Feta & Tomato Quiche with Rosemary Roast Potatoes ✓ Wholemeal Pasta with Tomato & Basil Sauce ✓	Roasted Seasonal Root Vegetables & Garden Peas ✓ Waffle with Chocolate Sauce ✓	
Thursday	Main Meals	Vegetables	Dessert
	Farm Assured British Beef Lasagne with a Garlic Bread Shard Chilli Non Carne & Mexican Rice with a Taco Sail ✓ Jacket Potato with Cheddar Cheese or Salmon Mayonnaise	Green Beans & Sweetcorn ✓ Jam Sponge with Custard ✓	
Friday	Main Meals	Vegetables	Dessert
	Battered Fish & Chips Pasta with Vegetarian Bolognese Sauce ✓	Baked Beans & Garden Peas ✓ Chocolate & Beetroot Brownie ✓	
Freshly Baked Bread - Courgette, Oat & Thyme ✓ Wholemeal ✓			
Everyday Dessert - Fresh Fruit Platter ✓			
Week 2: 11 <sup>th</sup> Nov, 2 <sup>nd</sup> Dec, 6 <sup>th</sup> Jan, 27 <sup>th</sup> Jan, 24 <sup>th</sup> Feb, 16 <sup>th</sup> Mar			

Meat Free Monday	Main Meals	Vegetables	Dessert
	Vegetarian Sausages with Mashed Potato & Red Onion Gravy ✓ Pasta with Tomato & Basil Sauce or Cheese Sauce ✓	Carrots & Garden Peas ✓ Marbled Sponge with Custard ✓	
Tuesday	Main Meals	Vegetables	Dessert
	Chilli Con Carne & Mexican Rice with a Taco Sail Baked Sweet Potato & Spinach Pasta in a Mozzarella Cheese Sauce ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Cauliflower & Green Beans ✓ Ice Cream ✓	
Wednesday	Main Meals	Vegetables	Dessert
	British Roast Chicken, Sage & Onion Stuffing & Roast Potatoes with Traditional Gravy Five Bean Enchilada Casserole with Roast Potatoes ✓ Wholemeal Pasta with Vegetarian Bolognese Sauce ✓	Roasted Seasonal Root Vegetables & Broccoli ✓ Poached Apple & Pear Crumble with Custard ✓	
Thursday	Main Meals	Vegetables	Dessert
	British Beef Burger in a Bun with Homemade Tomato Relish & Hand Cut Potato Wedges Vegetarian Burger in a Bun with Homemade Tomato Relish & Hand Cut Potato Wedges ✓ Jacket Potato with Cheddar Cheese or Tuna Mayonnaise	Sweetcorn & BBQ Coleslaw ✓ Carrot Cake with Custard ✓	
Friday	Main Meals	Vegetables	Dessert
	Fish Fingers & Chips Pasta with Tomato & Basil Sauce ✓	Baked Beans & Garden Peas ✓ Baked Banana Flapjack ✓	
Freshly Baked Bread - Sunflower, Rosemary & Tomato ✓ Wholemeal ✓			
Everyday Dessert - Fresh Fruit Platter ✓			
Week 3: 28 <sup>th</sup> Oct, 18 <sup>th</sup> Nov, 9 <sup>th</sup> Dec, 13 <sup>th</sup> Jan, 3 <sup>rd</sup> Feb, 2 <sup>nd</sup> Mar, 23 <sup>rd</sup> Mar			

✓ - Suitable for vegetarians

### 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.

All products are subject to availability.

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