

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 Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce (G,MK) with Hand Cut Potato Wedges V Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce (G,e,MK) V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	Vegetables Carrots & Garden Peas V Dessert Spiced Apple & Honey Oaty Crumble (G,mk) with Custard (MK) V Homemade Mousse (MK) V
	Main Meals Slow Cooked Beef Masala Curry (SO,MK,MU) with Turmeric Infused Rice Courgette Layered Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) V Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Green Beans & Sweetcorn V Dessert Jam Sponge (G,E,mk,SU) with Custard (MK) V Jelly V
	Main Meals Lemon & Thyme Roasted Chicken & Stuffing (G) with Roast Potatoes Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK) with Roast Potatoes V Wholemeal Pasta (G) with Beef Bolognese Sauce	Vegetables Roasted Seasonal Root Vegetables & Savoy Cabbage V Dessert Chocolate & Pear Sponge (G,E,mk) with Chocolate Custard (MK) V Homemade Mousse (MK) V
Tuesday	Main Meals Chicken Sausages with Mashed Potato (MK), Sage & Red Onion Gravy in a Yorkshire Pudding (G,E,MK) Butterbean & Mushroom Stroganoff (MK) with Pearl Barley Rice (G) V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables BBQ Smoky Beans & Carrots V Dessert Cinnamon & Apple Shortcrust Pastry Pie (G,MK) with Vanilla Ice Cream (MK) V Jelly V
	Main Meals Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU) Cheddar & Onion Swirl (G,MK) with Chips V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Baked Beans & Garden Peas V Dessert Vanilla Shortbread Biscuit (G) V Homemade Mousse (MK) V
Wednesday	Main Meals Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V Pasta (G) with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
	Main Meals Honey & Paprika Roast Chicken with Roast Potatoes Five Bean & Barley Cassoulet (G) with Fresh Herb Dumplings (G,mk) V Wholemeal Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V	Vegetables Roasted Seasonal Root Vegetables & Garden Peas V Dessert Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V Homemade Mousse (MK) V
Thursday	Main Meals Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Jelly V
	Main Meals Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU) Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie (G,E,mk) V Homemade Mousse (MK) V
Friday	Main Meals Mediterranean Orzo Pasta & Barley Salad (G) V Crunchy Apple & Potato Salad (E) V Red Cabbage & Pineapple Slaw (E) V Spinach, Basil & Tomato Quinoa Salad (G,MU) V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	Freshly Baked Bread Pumpkin & Carrot (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V Dessert Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V
	Main Meals Cheese & Tomato Pizza (G,MK) with Hand Cut Potato Wedges V Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella (G,MK,SU) V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	Vegetables Boston Baked Beans & Sweetcorn V Dessert Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V Homemade Mousse (MK) V

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	Main Meals Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V Pasta (G) with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
Tuesday	Main Meals Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Jelly V
	Main Meals Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU) Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie (G,E,mk) V Homemade Mousse (MK) V
Wednesday	Main Meals Mediterranean Orzo Pasta & Barley Salad (G) V Crunchy Apple & Potato Salad (E) V Red Cabbage & Pineapple Slaw (E) V Spinach, Basil & Tomato Quinoa Salad (G,MU) V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	Freshly Baked Bread Pumpkin & Carrot (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V Dessert Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V
	Main Meals Cheese & Tomato Pizza (G,MK) with Hand Cut Potato Wedges V Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella (G,MK,SU) V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	Vegetables Boston Baked Beans & Sweetcorn V Dessert Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V Homemade Mousse (MK) V
Thursday	Main Meals Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Jelly V
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	Main Meals Cheese & Tomato Pizza (G,MK) with Hand Cut Potato Wedges V Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella (G,MK,SU) V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	Vegetables Boston Baked Beans & Sweetcorn V Dessert Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V Homemade Mousse (MK) V

Meat Free Monday	Main Meals Vegetarian Bolognese Sauce (G,SO) with Herby Spaghetti (G,mk) V Red Lentil & Cheese Loaf (G,E,SO,se,MK) with a Rich Tomato Sauce & Hand Cut Potato Wedges V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	Vegetables Broccoli & Carrots V Dessert Poached Pear & Apple Crumble (G,mk) with Custard (MK) V Jelly V
	Main Meals Chargrilled Spicy Chicken Fajitas (G) with Mexican Rice Linda McCartney Sausages (G,SO,SU) with Mashed Potato (MK) & Caramelised Red Onion Gravy in a Yorkshire Pudding (G,E,MK) V Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V	Vegetables Mixed Peas & Sweetcorn V Dessert Sticky Toffee Pudding (G,E,MK) with Custard (MK) V Homemade Mousse (MK) V
Tuesday	Main Meals Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Jelly V
	Main Meals Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU) Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie (G,E,mk) V Homemade Mousse (MK) V
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	Main Meals Cheese & Tomato Pizza (G,MK) with Hand Cut Potato Wedges V Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella (G,MK,SU) V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	Vegetables Boston Baked Beans & Sweetcorn V Dessert Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V Homemade Mousse (MK) V
Thursday	Main Meals Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Jelly V
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