

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 with Hand Cut Potato Wedges V

Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce V

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Vegetables

Carrots & Garden Peas V

Dessert

Spiced Apple & Honey Oaty Crumble with Custard V

Homemade Mousse V

Tuesday

Main Meals

Slow Cooked Beef Masala Curry with Turmeric Infused Rice

Halal Slow Cooked Beef Masala Curry with Turmeric Infused Rice

Courgette Layered Lasagne with a Garlic Bread Shard V

Pasta with Cheese Sauce V

Vegetables

Green Beans & Sweetcorn V

Dessert

Jam Sponge with Custard V

Jelly V

Wednesday

Main Meals

Lemon & Thyme Roasted Chicken & Stuffing with Roast Potatoes

Halal Lemon & Thyme Roasted Chicken & Stuffing with Roast Potatoes

Roasted Cherry Tomato, Egg & Broccoli Tart with Roast Potatoes V

Wholemeal Pasta with Beef Bolognese Sauce

Vegetables

Roasted Seasonal Root Vegetables & Savoy Cabbage V

Dessert

Chocolate & Pear Sponge with Chocolate Custard V

Homemade Mousse V

Thursday

Main Meals

Chicken & Vegetable Pie with Red Onion Gravy

Halal Chicken & Vegetable Pie with Red Onion Gravy

● Butterbean & Mushroom Stroganoff with Pearl Barley Rice V

Jacket Potato with Baked Beans or Grated Cheese V

Vegetables

BBQ Smoky Beans & Carrots V

Dessert

Cinnamon & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V

Jelly V

Friday

Main Meals

Fish Fingers & Chips with Tartar Sauce

Cheddar & Onion Swirl with Chips V

Jacket Potato with Baked Beans or Grated Cheese V

Vegetables

Baked Beans & Garden Peas V

Dessert

Vanilla Shortbread Biscuit V

Homemade Mousse V

Available Every Day

Salad Bar

● Mexican Mixed Bean & Pasta Salad V

Traditional Potato Salad V

Asian Noodle Coleslaw V

● Sweet Chilli Watermelon & Mint Salad V

Grated Carrot, Cucumber Sticks, Sweetcorn,

Mixed Leaf & Tomato Salad V

Freshly Baked Bread

● Pumpkin & Carrot V

Wholemeal V

Dessert

Fresh Fruit Platter V

Homemade Yoghurt V

Week 1: 29 Oct, 19 Nov, 10 Dec, 31 Dec, 21 Jan, 11 Feb, 4 Mar, 25 Mar

Meat Free Monday

Main Meals

Oven Baked Macaroni Cheese V

Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella V

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Vegetables

Boston Baked Beans & Sweetcorn V

Dessert

Caramelised Apple & Plum Crumble with Custard V

Homemade Mousse V

Tuesday

Main Meals

Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad

Halal Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad

Chargrilled Spicy Fajitas with Mexican Rice V

Pasta with Beef Bolognese Sauce

Vegetables

Green Beans & Kachumber Salad V

Dessert

Carrot Cake with Custard V

Jelly V

Wednesday

Main Meals

Honey & Paprika Roast Chicken with Roast Potatoes

Halal Honey & Paprika Roast Chicken with Roast Potatoes

● Five Bean & Barley Cassoulet with Fresh Herb Dumplings V

Wholemeal Pasta with Tomato & Basil Sauce & Grated Cheese V

Vegetables

Roasted Seasonal Root Vegetables & Garden Peas V

Dessert

Marbled Chocolate Sponge with Chocolate Custard V

Homemade Mousse V

Thursday

Main Meals

Farm Assured Beef Lasagne with a Garlic Bread Shard

Halal Farm Assured Beef Lasagne with a Garlic Bread Shard

Mild Chilli Taco & Minted Yoghurt with Chunky Tomato Salsa Salad V

Jacket Potato with Baked Beans or Grated Cheese V

Vegetables

Carrots & Broccoli V

Dessert

Red Cherry & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V

Jelly V

Friday

Main Meals

Battered Cod & Chips with Tartar Sauce

Free Range Egg, Cheese & Vegetable Frittata with Chips V

Jacket Potato with Baked Beans, Grated Cheese or Salmon Mayonnaise

Vegetables

Baked Beans & Garden Peas V

Dessert

Chocolate & Beetroot Brownie V

Homemade Mousse V

Available Every Day

Salad Bar

● Mediterranean Orzo Pasta & Barley Salad V

Crunchy Apple & Potato Salad V

Red Cabbage & Pineapple Slaw V

● Spinach, Basil & Tomato Quinoa Salad V

Grated Carrot, Cucumber Sticks, Sweetcorn,

Mixed Leaf & Tomato Salad V

Freshly Baked Bread

● Cheesy Oat, Courgette & Thyme V

Wholemeal V

Dessert

Fresh Fruit Platter V

Homemade Yoghurt V

Week 2: 5 Nov, 26 Nov, 17 Dec, 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr

Meat Free Monday

Main Meals

Vegetarian Bolognese Sauce with Herby Spaghetti V

Red Lentil & Cheese Loaf with a Rich Tomato Sauce & Hand Cut Potato Wedges V

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Vegetables

Broccoli & Carrots V

Dessert

Poached Pear & Apple Crumble with Custard V

Jelly V

Tuesday

Main Meals

Chargrilled Spicy Chicken Fajitas with Mexican Rice

Halal Chargrilled Spicy Chicken Fajitas with Mexican Rice

Linda McCartney Sausages with Mashed Potato & Caramelised Red Onion Gravy in a Yorkshire Pudding V

Pasta with Tomato & Basil Sauce & Grated Cheese V

Vegetables

Mixed Peas & Sweetcorn V

Dessert

Sticky Toffee Pudding with Custard V

Homemade Mousse V

Wednesday

Main Meals

Roast Turkey, Stuffing & Bread Sauce with Roast Potatoes

Halal Roast Turkey, Stuffing & Bread Sauce with Roast Potatoes

Rosemary, Feta & Pepper Quiche with Roast Potatoes V

Wholemeal Pasta with Cheese Sauce V

Vegetables

Roasted Seasonal Root Vegetables & Curly Kale V

Dessert

Warm Waffle with Chocolate Custard V

Jelly V

Thursday

Main Meals

British Beef Cottage Pie with Gravy

Halal British Beef Cottage Pie with Gravy

● Sweet & Spiced Potato & Chickpea Keralan Curry with Lemon Infused Rice V

Jacket Potato with Baked Beans or Grated Cheese V

Vegetables

Carrots, Cauliflower & Green Beans V

Dessert

Apple & Blackcurrant Shortcrust Pastry Pie with Vanilla Ice Cream V

Homemade Mousse V

Friday

Main Meals

Fish Fingers & Chips with Tartar Sauce

BBQ Pulled Carrot & Bean Slider with Mozzarella Cheese V

Jacket Potato with Baked Beans or Grated Cheese V

Vegetables

Baked Beans & Garden Peas V

Dessert

Baked Banana Flapjack V

Jelly V

Available Every Day

Salad Bar

Tomato & Basil Pasta Salad V

● Sweet Potato & Chickpea Pesto Salad V

Traditional Coleslaw V

● Giant Cous Cous with Feta Cheese & Mint V

Grated Carrot, Cucumber Sticks, Sweetcorn,

Mixed Leaf & Tomato Salad V

Freshly Baked Bread

● Sunflower, Rosemary & Tomato V

Wholemeal V

Dessert

Fresh Fruit Platter V

Homemade Yoghurt V

Week 3: 12 Nov, 3 Dec, 24 Dec, 14 Jan, 4 Feb, 25 Feb, 18 Mar