

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

MF Monday	Main Meals	Margherita Pizza V Roasted Squash & Basil Risotto Ve Jacket Potato with a choice of toppings V	Vegetables Carrots & Green Beans Ve	Dessert Ice Cream with Fruit V
	Main Meals	Chicken Tikka Masala with Rice Halal Chicken Tikka Masala with Rice Chargrilled Vegetable Quesadilla with Rice Ve Pasta with a choice of toppings V	Vegetables Lentil Dhal & Broccoli Ve	Dessert Courgette & Orange Cake V
	Main Meals	Roasted Chicken with Roasted Potatoes & Gravy Halal Roasted Chicken with Roasted Potatoes & Gravy Spiced Moroccan Chickpea Curry with Lemon Couscous Ve Jacket Potato with a choice of toppings V	Vegetables Green Cabbage & Carrots Ve	Dessert Chocolate Orange Cheesecake V
Thursday	Main Meals	Beef Lasagne with Garlic Bread Halal Beef Lasagne with Garlic Bread Crispy Chickpea Burger in a Bun Ve Pasta with a choice of toppings V	Vegetables Sweetcorn & Coleslaw Ve	Dessert Apple & Oat Crumble V
	Main Meals	Fish Fingers with Homemade Tomato Ketchup & Chips Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips Ve Jacket Potato with a choice of toppings V	Vegetables Baked Beans & Peas Ve	Dessert Chocolate & Carrot Brownie V
	<p>Freshly Baked Bread - Pumpkin & Carrot V Wholemeal V Jacket Potato Toppings - Baked Beans Ve or Grated Cheese V Pasta Toppings - Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V</p>			
<p>Week 1: 31st Aug, 21st Sep, 1st Oct, 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar</p>				

MF Monday	Main Meals	Pizza with Sweetcorn & Peppers V Mexican 5 Bean & Vegetable Tostada with Pomegranate Ve Jacket Potato with a choice of toppings V	Vegetables Coleslaw & Carrots Ve	Dessert Sticky Toffee Pudding V
	Main Meals	Classic Spaghetti Beef Bolognese Halal Classic Spaghetti Beef Bolognese Vegetarian Spicy Special Fried Rice Ve Pasta with a choice of toppings V	Vegetables Peas & Cauliflower Ve	Dessert Carrot & Ginger Sponge V
	Main Meals	Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy Halal Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy Mediterranean Vegetable Tart Ve Jacket Potato with a choice of toppings V	Vegetables Carrots & Green Cabbage Ve	Dessert Ice Cream with Fruit V
Thursday	Main Meals	Chilli Con Carne with Mexican Rice & Taco Sail Halal Chilli Con Carne with Mexican Rice & Taco Sail Vegetable Tagine with Rice Ve Pasta with a choice of toppings V	Vegetables Roasted Seasonal Vegetables & Sweetcorn Ve	Dessert Peach Sponge Cake V
	Main Meals	Battered Fish with Homemade Tomato Ketchup or Salmon Fishcake in a Bun & Chips Falafel & Carrot Wrap with Salsa & Chips Ve Jacket Potato with a choice of toppings V	Vegetables Baked Beans & Peas Ve	Dessert Banana Flapjack Ve
	<p>Freshly Baked Bread - Courgette, Oat & Thyme V Wholemeal V Jacket Potato Toppings - Baked Beans Ve or Grated Cheese V Pasta Toppings - Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V</p>			
<p>Week 2: 7th Sep, 28th Sep, 19th Oct, 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb, 15th Mar</p>				

MF Monday	Main Meals	Margherita Pizza V Jackfruit Katsu Curry with Rice Ve Jacket Potato with a choice of toppings V	Vegetables Broccoli & Peas Ve	Dessert Caramelised Pineapple Sponge V
	Main Meals	Mild Jerk Chicken with Rice & Peas Halal Mild Jerk Chicken with Rice & Peas Sweet Potato Topped Vegetable Pie Ve Pasta with a choice of toppings V	Vegetables Sweetcorn Ve	Dessert Apple Pie Cinnamon Roll V
	Main Meals	Roast Chicken served with Roasted Potatoes & Gravy Halal Roast Chicken served with Roasted Potatoes & Gravy Tofu & Vegetable Noodle Stir Fry Ve Jacket Potato with a choice of toppings V	Vegetables Cauliflower & Peas Ve	Dessert Ice Cream with Fruit V
Thursday	Main Meals	Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce with Noodles Halal Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce with Noodles Vegetarian Taco with Mexican Rice Ve Pasta with a choice of toppings V	Vegetables Green Beans Ve	Dessert Chocolate Shortbread Biscuit Ve
	Main Meals	Fish Fingers with Homemade Tomato Ketchup & Chips Homemade Crispy Vegetable Nuggets with Chips Ve Jacket Potato with a choice of toppings V	Vegetables Baked Beans & Peas Ve	Dessert Lemon Drizzle Cake V
	<p>Freshly Baked Bread - Sunflower, Rosemary & Tomato V Wholemeal V Jacket Potato Toppings - Baked Beans Ve or Grated Cheese V Pasta Toppings - Homemade Tomato & Vegetable Sauce Ve or Cheddar Cheese V</p>			
<p>Week 3: 14th Sep, 5th Oct, 26th Oct, 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb, 1st Mar, 22nd Mar</p>				

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

BM2 ChurchfieldsJnr

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