

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	Roasted Vegetable & Bean Hotpot Ve
		Sweetcorn & Courgette Fritter with Side Salad V
		Pasta with Cheese Sauce V
	Vegetables	Peas Ve
	Dessert	Apple & Cinnamon Sponge with Custard V

Tuesday	Main Meals	Lamb & Vegetable Keema with Rice
		Halal Lamb & Vegetable Keema with Rice
		Squash & Lentil Curry with Steamed Rice Ve
	Vegetables	Broccoli Ve
	Dessert	Strawberry Cheesecake V
		Jacket Potato with Cheese V or Salmon Mayonnaise

Wednesday	Main Meals	Roast Chicken Fillets with Roast Potatoes & Gravy
		Halal Roast Chicken Fillets with Roast Potatoes & Gravy
		Vegan Cornish Pasty with Roast Potatoes Ve
	Vegetables	Green Cabbage & Carrots Ve
	Dessert	Chocolate Sponge & Chocolate Sauce V
		Pasta with Tomato & Basil Sauce Ve

Thursday	Main Meals	Chicken & Sweetcorn Meatballs in Rich Tomato Sauce with Penne Pasta
		Halal Chicken & Sweetcorn Meatballs in Rich Tomato Sauce with Penne Pasta
		Potato Crust Cheese & Tomato Quiche with Side Salad V
	Vegetables	Green Beans & Cauliflower Ve
	Dessert	Fruit Burst Jelly V
		Jacket Potato with Baked Beans Ve or Cheese V

Friday	Main Meals	Fish Fingers with Oven Baked Chips
		Vegetarian Finger Bap with Homemade Ketchup & Side Salad Ve
		Pasta with Tomato & Basil Sauce Ve
	Vegetables	Baked Beans & Sweetcorn Ve
	Dessert	Chocolate & Orange Cookie V

Freshly Baked Bread:

Pumpkin & Carrot **V** Wholemeal **V**

Week 1:

12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

MF Monday	Main Meals	Cauliflower Macaroni & Cheese with Homemade Garlic Bread V
		Tofu Sweet & Sour Mixed Vegetables with Steamed Rice Ve
		Jacket Potato with Baked Beans Ve or Cheese V
	Vegetables	Green Beans Ve
	Dessert	Coconut & Jam Sponge with Custard V

Tuesday	Main Meals	Lamb & Bean Chilli Con Carne served with Baked Potato
		Halal Lamb & Bean Chilli Con Carne served with Baked Potato
		Vegan Chilli Con Carne served with Baked Potato Ve
	Vegetables	Sweetcorn Ve
	Dessert	Berry Crumble Slice Ve
		Pasta with Tomato & Basil Sauce Ve

Wednesday	Main Meals	Roast Turkey with Roast Potatoes & Gravy
		Halal Roast Turkey with Roast Potatoes & Gravy
		Potato & Leek Frittata V
	Vegetables	Roasted Butternut Squash & Kale Ve
	Dessert	Orange & Poppy Seed Sponge V
		Jacket Potato with Baked Beans Ve or Cheese V

Thursday	Main Meals	Chicken & Vegetable Curry with Steamed Rice
		Halal Chicken & Vegetable Curry with Steamed Rice
		Lentil & Vegetable Lasagne with Garlic Bread V
	Vegetables	Carrots Ve
	Dessert	Cherry Cookie Ve
		Pasta with Tomato & Basil Sauce Ve

Friday	Main Meals	Oven Baked Battered Fish with Baked Chips
		Roasted Vegetable & Chick Pea Wrap V
		Jacket Potato with Baked Beans Ve or Cheese V
	Vegetables	Baked Beans & Garden Peas Ve
	Dessert	Vanilla & Sultana Sponge with Custard V

Freshly Baked Bread:

Courgette, Oat & Thyme **V** Wholemeal **V**

Week 2:

19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

MF Monday	Main Meals	Chick Pea & Vegetable Curry with Rice Ve
		Homemade Vegan Burger with Baked Sweet Potato Ve
		Pasta with Tomato & Basil Sauce Ve
	Vegetables	Broccoli Florets Ve
	Dessert	Carrot & Apple Flapjack V

Tuesday	Main Meals	Fish Cakes with Potato Salad
		Carrot & Pea Risotto Ve
		Jacket Potato with Baked Beans Ve Cheese V , or Bolognese V
	Vegetables	Carrots & Peas Ve
	Dessert	Lemon Drizzle Cake V

Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy
		Halal Roast Chicken with Roast Potatoes & Gravy
		Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy Ve
	Vegetables	Green Cabbage & Roast Carrots Ve
	Dessert	Banana & Sultana Cake with Custard V
		Pasta with Tomato & Basil Sauce Ve

Thursday	Main Meals	Creamy Chicken & Vegetables with Pasta
		Halal Creamy Chicken & Vegetables with Pasta
		Margherita Pizza with Potato Salad V
	Vegetables	Sweetcorn Ve
	Dessert	Chilled Rice Pudding with Berry Compote V
		Jacket Potato with Baked Beans Ve or Cheese V

Friday	Main Meals	Fish Fingers with Oven Baked Chips
		Vegetable & Lentil Croquette with Oven Baked Chips Ve
		Pasta with Lentil & Bean Sauce Ve
	Vegetables	Baked Beans & Garden Peas Ve
	Dessert	Chocolate & Raisin Shortbread Ve

Freshly Baked Bread:

Sunflower, Rosemary & Tomato **V** Wholemeal **V**

Week 3:

26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

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.

Available Every Day

Fresh Fruit Platter **Ve**
Fresh Natural Yoghurt with Fruit Puree **V**

BM3HalalNon April 2021

pabulummm
HONESTLY GOOD FOOD

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians
All products are subject to availability.