

# 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	<b>Main Meals</b> 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)	<b>Vegetables</b> Carrots & Garden Peas V  <b>Dessert</b> Spiced Apple & Honey Oaty Crumble (G,mk) with Custard (MK) V  Homemade Mousse (MK) V
	<b>Main Meals</b> 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	<b>Vegetables</b> Green Beans & Sweetcorn V  <b>Dessert</b> Chocolate & Pear Sponge (G,E,mk) with Chocolate Custard (MK) V  Jelly V
Tuesday	<b>Main Meals</b> 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	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Savoy Cabbage V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
	<b>Main Meals</b> 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	<b>Vegetables</b> BBQ Smoky Beans & Carrots V  <b>Dessert</b> Cinnamon & Apple Shortcrust Pastry Pie (G,MK) with Vanilla Ice Cream (MK) V  Jelly V
Wednesday	<b>Main Meals</b> 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	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
	<b>Main Meals</b> 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	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V  Jelly V
Thursday	<b>Main Meals</b> 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)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
	<b>Main Meals</b> 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)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
Friday	<b>Main Meals</b> 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	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
	<b>Main Meals</b> 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	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
Available Every Day	<b>Salad Bar</b> Mexican Mixed Bean & Pasta Salad (G) V Traditional Potato Salad (E) V Asian Noodle Coleslaw (G,SO,E) V Sweet Chilli Watermelon & Mint Salad V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	<b>Freshly Baked Bread</b> Pumpkin & Carrot (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V  <b>Dessert</b> Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V
	<b>Salad Bar</b> 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	<b>Freshly Baked Bread</b> Cheesy Oat, Courgette & Thyme (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V  <b>Dessert</b> Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

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

BM2 Tetherdown V - Suitable for vegetarians P - Plant based items. MAY CONTAINS ARE SPECIFIED BY lower case letters.

Meat Free Monday	<b>Main Meals</b> 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)	<b>Vegetables</b> Boston Baked Beans & Sweetcorn V  <b>Dessert</b> Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V  Homemade Mousse (MK) V
	<b>Main Meals</b> 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	<b>Vegetables</b> Green Beans & Kachumber Salad V  <b>Dessert</b> Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V  Jelly V
Tuesday	<b>Main Meals</b> 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	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
	<b>Main Meals</b> 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	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V  Jelly V
Wednesday	<b>Main Meals</b> 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)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
	<b>Main Meals</b> 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)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
Thursday	<b>Main Meals</b> 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)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
	<b>Main Meals</b> 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)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
Friday	<b>Main Meals</b> 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)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
	<b>Main Meals</b> 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)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Mousse (MK) V
Available Every Day	<b>Salad Bar</b> 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	<b>Freshly Baked Bread</b> Cheesy Oat, Courgette & Thyme (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V  <b>Dessert</b> Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V
	<b>Salad Bar</b> 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	<b>Freshly Baked Bread</b> Cheesy Oat, Courgette & Thyme (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V  <b>Dessert</b> Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

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

Allergen Key: Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

Meat Free Monday	<b>Main Meals</b> 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)	<b>Vegetables</b> Broccoli & Carrots V  <b>Dessert</b> Poached Pear & Apple Crumble (G,mk) with Custard (MK) V  Jelly V
	<b>Main Meals</b> 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	<b>Vegetables</b> Mixed Peas & Sweetcorn V  <b>Dessert</b> Warm Waffle (G,E,SO,MK) with Chocolate Custard (MK) V  Homemade Mousse (MK) V
Tuesday	<b>Main Meals</b> Roast Turkey, Stuffing (G) & Bread Sauce (G,MK,SO,se) with Roast Potatoes  Rosemary, Feta & Pepper Quiche (G,E,MK) with Roast Potatoes V  Wholemeal Pasta (G) with Cheese Sauce (G,MK) V	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Curly Kale V  <b>Dessert</b> Fresh Fruit Platter V  Jelly V
	<b>Main Meals</b> Classic British Beef Burger (G,E,SO,se,SE,C) with Hand Cut Potato Wedges  Sweet & Spiced Potato & Chickpea Keralan Curry (MU) with Lemon Infused Rice V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Carrots, Cauliflower & Green Beans V  <b>Dessert</b> Apple & Blackcurrant Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V  Homemade Mousse (MK) V
Wednesday	<b>Main Meals</b> Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU)  BBQ Pulled Carrot & Bean Slider with Mozzarella Cheese (G,se,MK) V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Jelly V
	<b>Main Meals</b> Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU)  BBQ Pulled Carrot & Bean Slider with Mozzarella Cheese (G,se,MK) V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Fresh Fruit Platter V  Jelly V
Thursday	<b>Main Meals</b> Tomato & Basil Pasta Salad (G) V Sweet Potato & Chickpea Pesto Salad (MK) V Traditional Coleslaw (E) V Giant Cous Cous with Feta Cheese & Mint (G,MK,MU) V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	<b>Freshly Baked Bread</b> Sunflower, Rosemary & Tomato (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V  <b>Dessert</b> Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V
	<b>Salad Bar</b> Tomato & Basil Pasta Salad (G) V Sweet Potato & Chickpea Pesto Salad (MK) V Traditional Coleslaw (E) V Giant Cous Cous with Feta Cheese & Mint (G,MK,MU) V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	<b>Freshly Baked Bread</b> Sunflower, Rosemary & Tomato (G,SO,MK,e) V Wholemeal (G,SO,MK,e) V  <b>Dessert</b> Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

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

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HONESTLY GOOD FOOD