

# 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](http://www.schoolfoodplan.com)

MF Monday	<b>Main Meals</b>	Macaroni Cheese with Crispy Ciabatta & Herb Crumb V
		Roasted Squash & Basil Risotto Ve
		Jacket Potato with choice of toppings V
	<b>Vegetables</b>	Carrots & Green Beans Ve
	<b>Dessert</b>	Chocolate & Beetroot Sponge V

Tuesday	<b>Main Meals</b>	Chicken Tikka Masala with Rice
		Chargrilled Vegetable Quesadilla with Rice Ve
		Pasta with a choice of toppings V
	<b>Vegetables</b>	Lentil Dhal & Broccoli Ve
	<b>Dessert</b>	Courgette & Orange Cake V

Wednesday	<b>Main Meals</b>	Gammon with Orange & Herb Glaze served with Roasted Potatoes & Gravy
		Spiced Moroccan Chickpea Curry with Lemon Couscous Ve
		Jacket Potato with choice of toppings V
	<b>Vegetables</b>	Green Cabbage & Carrots Ve
	<b>Dessert</b>	Ice Cream with Fruit V

Thursday	<b>Main Meals</b>	Beef Burger in a Bun
		Crispy Chickpea Burger in a Bun Ve
		Pasta with a choice of toppings V
	<b>Vegetables</b>	Sweetcorn & Coleslaw Ve
	<b>Dessert</b>	Apple & Oat Crumble V

Friday	<b>Main Meals</b>	Fish Fingers with Homemade Tomato Ketchup & Chips
		Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips Ve
		Jacket Potato with choice of toppings V
	<b>Vegetables</b>	Baked Beans & Peas Ve
	<b>Dessert</b>	Chocolate & Carrot Brownie V

**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

Week 1: 20<sup>th</sup> Apr, 11<sup>th</sup> May, 1<sup>st</sup> Jun, 22<sup>nd</sup> Jun, 13<sup>th</sup> Jul, 31<sup>st</sup> Aug, 21<sup>st</sup> Sep, 12<sup>th</sup> Oct

MF Monday	<b>Main Meals</b>	Margherita Pizza V
		Mexican 5 Bean & Vegetable Tostada with Pomegranate Ve
		Jacket Potato with choice of toppings V
	<b>Vegetables</b>	Coleslaw & Carrots Ve
	<b>Dessert</b>	Sticky Toffee Pudding V

Tuesday	<b>Main Meals</b>	Classic Spaghetti Beef Bolognese
		Sweet Potato Topped Vegetable Pie Ve
		Pasta with a choice of toppings V
	<b>Vegetables</b>	Peas & Cauliflower Ve
	<b>Dessert</b>	Carrot & Ginger Sponge V

Wednesday	<b>Main Meals</b>	Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy
		Mediterranean Vegetable Tart Ve
		Jacket Potato with choice of toppings V
	<b>Vegetables</b>	Carrots & Green Cabbage Ve
	<b>Dessert</b>	Chocolate Orange Cheesecake V

Thursday	<b>Main Meals</b>	Cumberland Sausages with Mashed Potatoes & Onion Gravy
		Vegetarian Sausages with Steamed New Potatoes Ve
		Pasta with a choice of toppings V
	<b>Vegetables</b>	Roasted Seasonal Vegetables & Sweetcorn Ve
	<b>Dessert</b>	Peach Sponge Cake V

Friday	<b>Main Meals</b>	Battered Fish with Homemade Tomato Ketchup or Salmon Fishcake in a Bun & Chips
		Falafel & Carrot Wrap with Salsa & Chips Ve
		Jacket Potato with choice of toppings V
	<b>Vegetables</b>	Baked Beans & Peas Ve
	<b>Dessert</b>	Banana Flapjack Ve

**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

Week 2: 27<sup>th</sup> Apr, 18<sup>th</sup> May, 8<sup>th</sup> Jun, 29<sup>th</sup> Jun, 20<sup>th</sup> Jul, 7<sup>th</sup> Sep, 28<sup>th</sup> Sep, 19<sup>th</sup> Oct

MF Monday	<b>Main Meals</b>	Roasted Tomato & Vegetable Cheesy Pasta V
		Jackfruit Katsu Curry with Rice Ve
		Jacket Potato with choice of toppings V
	<b>Vegetables</b>	Broccoli & Mixed Salad Ve
	<b>Dessert</b>	Caramelised Pineapple Sponge V

Tuesday	<b>Main Meals</b>	Mild Jerk Chicken with Rice & Peas
		Vegetarian Spicy Special Fried Rice Ve
		Pasta with a choice of toppings V
	<b>Vegetables</b>	Sweetcorn Ve
	<b>Dessert</b>	Apple Pie Cinnamon Roll V

Wednesday	<b>Main Meals</b>	Roast Chicken served with Roasted Potatoes & Gravy
		Tofu & Vegetable Noodle Stir Fry Ve
		Jacket Potato with choice of toppings V
	<b>Vegetables</b>	Cauliflower & Peas Ve
	<b>Dessert</b>	Ice Cream with Fruit V

Thursday	<b>Main Meals</b>	Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce with Noodles
		Pitta Pizza topped with Houmous & Roasted Vegetables Ve
		Pasta with a choice of toppings V
	<b>Vegetables</b>	Green Beans Ve
	<b>Dessert</b>	Chocolate Shortbread Biscuit Ve

Friday	<b>Main Meals</b>	Fish Fingers with Homemade Tomato Ketchup & Chips
		Homemade Crispy Vegetable Nuggets with Chips Ve
		Jacket Potato with choice of toppings V
	<b>Vegetables</b>	Baked Beans & Peas Ve
	<b>Dessert</b>	Lemon Drizzle Cake V

**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

Week 3: 13<sup>th</sup> Apr, 4<sup>th</sup> May, 25<sup>th</sup> May, 15<sup>th</sup> Jun, 6<sup>th</sup> Jul, 14<sup>th</sup> Sep, 5<sup>th</sup> Oct

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.