

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 & Chive Sauce V	Vegetables Peas Ve Dessert Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
	Main Meals Beef Enchiladas Squash & Lentil Curry with Steamed Rice Ve Jacket Potato with Cheese V or Salmon Mayonnaise	Vegetables Chinese Cabbage Ve Dessert Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
	Main Meals Roast Chicken Fillets with Roast Potatoes & Gravy Vegan Cornish Pasty with Roast Potatoes Ve Pasta with Roasted Tomato & Pepper Sauce Ve	Vegetables Green Cabbage & Carrots Ve Dessert Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
Thursday	Main Meals Chicken Sausage with Mash & Gravy Lentil & Layered Vegetable Baked Ratatouille Ve Jacket Potato with Baked Beans Ve or Cheese V	Vegetables Green Beans & Cauliflower Ve Dessert Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
	Main Meals Fish Finger Bap with Homemade Tartare Sauce & Side Salad Vegetarian Finger Bap with Homemade Ketchup & Side Salad Ve Pasta with Creamy Mushroom Sauce V	Vegetables Baked Beans & Sweetcorn Ve Dessert Berry Crumble Ve
	Freshly Baked Bread: Pumpkin & Carrot V Wholemeal V	
Week 1: 12 th Apr, 3 rd May, 24 th May, 14 th Jun, 5 th Jul, 26 th Jul, 30 th Aug, 20 th Sep, 11 th 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 Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
	Main Meals Beef & Bean Chilli Con Carne served with Baked Potato Vegan Chilli Con Carne served with Baked Potato Ve Pasta with Spinach & Onion Sauce V	Vegetables Sweetcorn Ve Dessert Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
	Main Meals Roast Turkey with Roast Potatoes & Gravy Potato & Leek Frittata V Jacket Potato with Baked Beans Ve or Cheese V	Vegetables Roasted Butternut Squash & Kale Ve Dessert Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
Thursday	Main Meals Chicken & Vegetable Curry with Steamed Rice Lentil & Vegetable Lasagne with Garlic Bread V Pasta with Tomato & Basil Sauce Ve	Vegetables Carrots & Cauliflower Ve Dessert Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
	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 Banana & Sultana Cake with Custard V
	Freshly Baked Bread: Courgette, Oat & Thyme V Wholemeal V	
Week 2: 19 th Apr, 10 th May, 31 st May, 21 st Jun, 12 th Jul, 6 th Sep, 27 th Sep, 18 th Oct		

MF Monday	Main Meals Chick Pea & Vegetable Curry with Rice Ve Homemade Vegan Burger with Baked Sweet Potato Ve Pasta with Tomato & Vegetable Sauce Ve	Vegetables Broccoli Florets Ve Dessert Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
	Main Meals Spaghetti Bolognaise Vegan Mince & Vegetable Pasta Bake Ve Jacket Potato with Baked Beans Ve Cheese V , or Bolognaise	Vegetables Carrots & Peas Ve Dessert Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
	Main Meals Roast Chicken with Roast Potatoes & Gravy Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy Ve Wholewheat Pasta with Cheese & Leek Sauce V	Vegetables Green Cabbage & Roast Carrots Ve Dessert Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
Thursday	Main Meals Sweet & Sour Chicken with Steamed Rice Margherita Pizza with Potato Salad V Jacket Potato with Baked Beans Ve or Cheese V	Vegetables Sweetcorn Ve Dessert Strawberry Cheesecake V Fresh Fruit Ve , Fresh Natural Yoghurt with Homemade Fruit Compote V
	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 Strawberry Cheesecake V
	Freshly Baked Bread: Sunflower, Rosemary & Tomato V Wholemeal V	
Week 3: 26 th Apr, 17 th May, 7 th Jun, 28 th Jun, 19 th Jul, 13 th Sep, 4 th 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.