

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	Vegetables
Roasted Vegetable & Bean Hotpot Ve	Peas Ve
Pasta with Cheese & Chive Sauce V	Dessert
	Apple & Cinnamon Sponge with Custard V

Tuesday

Main Meals	Vegetables
Beef & Broccoli Stir Fry with Egg Noodles or Rice	Chinese Cabbage Ve
Jacket Potato with Cheese V or Salmon Mayonnaise	Dessert
	Strawberry Cheesecake V

Wednesday

Main Meals	Vegetables
Roast Chicken Fillets with Roast Potatoes & Gravy	Green Cabbage & Carrots Ve
Pasta with Roasted Tomato & Pepper Sauce Ve	Dessert
	Chocolate Sponge & Chocolate Sauce V

Thursday

Main Meals	Vegetables
Cumberland Sausage with Mash & Gravy	Green Beans & Cauliflower Ve
Jacket Potato with Baked Beans Ve or Cheese V	Dessert
	Fruit Burst Jelly V

Friday

Main Meals	Vegetables
Fish Finger Bap with Homemade Tartare Sauce & Side Salad	Baked Beans & Sweetcorn Ve
Vegetarian Finger Bap with Homemade Ketchup & Side Salad 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	Vegetables
Cauliflower Macaroni & Cheese with Homemade Garlic Bread V	Green Beans Ve
Jacket Potato with Baked Beans Ve or Cheese V	Dessert
	Coconut & Jam Sponge with Custard V

Tuesday

Main Meals	Vegetables
Beef & Bean Chilli Con Carne served with Baked Potato	Sweetcorn Ve
Vegan Chilli Con Carne served with Baked Potato Ve	Dessert
	Berry Crumble Slice Ve

Wednesday

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

Thursday

Main Meals	Vegetables
Chicken & Vegetable Curry with Steamed Rice	Carrots & Cauliflower Ve
Pasta with Tomato & Basil Sauce Ve	Dessert
	Cherry Cookie Ve

Friday

Main Meals	Vegetables
Oven Baked Battered Fish with Baked Chips	Baked Beans & Garden Peas Ve
Jacket Potato with Baked Beans Ve or Cheese V	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	Vegetables
Chick Pea & Vegetable Curry with Rice Ve	Broccoli Florets Ve
Pasta with Tomato & Vegetable Sauce Ve	Dessert
	Carrot & Apple Flapjack V

Tuesday

Main Meals	Vegetables
Spaghetti Bolognaise	Carrots & Peas Ve
Jacket Potato with Baked Beans Ve Cheese V , or Bolognaise	Dessert
	Lemon Drizzle Cake V

Wednesday

Main Meals	Vegetables
Roast Turkey with Roast Potatoes & Gravy	Green Cabbage & Roast Carrots Ve
Wholewheat Pasta with Cheese & Leek Sauce V	Dessert
	Banana & Sultana Cake with Custard V

Thursday

Main Meals	Vegetables
Creamy Chicken & Vegetables with Pasta	Sweetcorn Ve
Margherita Pizza with Potato Salad V	Dessert
	Chilled Rice Pudding with Berry Compote V

Friday

Main Meals	Vegetables
Fish Fingers with Oven Baked Chips	Baked Beans & Garden Peas Ve
Pasta with Lentil & Bean Sauce 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

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.