

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

Day	Main Meals	Vegetables	Dessert
Monday	Macaroni Cheese with Crispy Ciabatta & Herb Crumb V Jacket Potato with a choice of toppings V	Carrots & Green Beans Ve	Cookie, Mousse or Jelly
Tuesday	Chicken Tikka Masala with Rice Pasta with a choice of toppings V	Lentil Dhal & Broccoli Ve	Shortbread, Mousse or Jelly
Wednesday	Gammon with Orange & Herb Glaze served with Roasted Potatoes & Gravy Jacket Potato with a choice of toppings V	Green Cabbage & Carrots Ve	Lemon Drizzle, Mousse or Jelly
Thursday	Beef Burger in a Bun Pasta with a choice of toppings V	Sweetcorn & Coleslaw Ve	Shortbread, Mousse or Jelly
Friday	Fish Fingers with Homemade Tomato Ketchup & Chips Jacket Potato with a choice of toppings V	Baked Beans & Peas Ve	Flapjack, Mousse or Jelly

Freshly Baked Bread - 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: 31st Aug, 21st Sep, 12th Oct, 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar

Day	Main Meals	Vegetables	Dessert
Monday	Margherita Pizza V Jacket Potato with a choice of toppings V	Coleslaw & Carrots Ve	Cookie, Mousse or Jelly
Tuesday	Classic Spaghetti Beef Bolognese Pasta with a choice of toppings V	Peas & Cauliflower Ve	Shortbread, Mousse or Jelly
Wednesday	Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy Jacket Potato with a choice of toppings V	Carrots & Green Cabbage Ve	Lemon Drizzle, Mousse or Jelly
Thursday	Cumberland Sausages with Mashed Potatoes & Onion Gravy Pasta with a choice of toppings V	Roasted Seasonal Vegetables & Sweetcorn Ve	Shortbread, Mousse or Jelly
Friday	Battered Fish with Homemade Tomato Ketchup or Salmon Fishcake in a Bun & Chips Jacket Potato with a choice of toppings V	Baked Beans & Peas Ve	Flapjack, Mousse or Jelly

Freshly Baked Bread - 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: 7th Sep, 28th Sep, 19th Oct, 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb, 15th Mar

Day	Main Meals	Vegetables	Dessert
Monday	Roasted Tomato & Vegetable Cheesy Pasta V Jacket Potato with a choice of toppings V	Broccoli & Mixed Salad Ve	Cookie, Mousse or Jelly
Tuesday	Mild Jerk Chicken with Rice & Peas Pasta with a choice of toppings V	Sweetcorn Ve	Shortbread, Mousse or Jelly
Wednesday	Roast Chicken served with Roasted Potatoes & Gravy Jacket Potato with a choice of toppings V	Cauliflower & Peas Ve	Lemon Drizzle, Mousse or Jelly
Thursday	Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce with Noodles Pasta with a choice of toppings V	Green Beans Ve	Shortbread, Mousse or Jelly
Friday	Fish Fingers with Homemade Tomato Ketchup & Chips Jacket Potato with a choice of toppings V	Baked Beans & Peas Ve	Flapjack, Mousse or Jelly

Freshly Baked Bread - 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: 14th Sep, 5th Oct, 26th Oct, 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb, 1st Mar, 22nd Mar

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.

BM1 Larchwood

August 2020