

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

Meat Free Monday	Main Meals Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce with Hand Cut Potato Wedges V Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce V Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese	Vegetables Carrots & Garden Peas V Dessert Spiced Apple & Honey Oaty Crumble with Custard V Homemade Mousse V
	Main Meals Slow Cooked Beef Masala Curry with Turmeric Infused Rice Courgette Layered Lasagne with a Garlic Bread Shard V Pasta with Cheese Sauce V	Vegetables Green Beans & Sweetcorn V Dessert Jam Sponge with Custard V Jelly V
Tuesday	Main Meals Lemon & Thyme Roasted Chicken & Stuffing with Roast Potatoes Roasted Cherry Tomato, Egg & Broccoli Tart with Roast Potatoes V Wholemeal Pasta with Beef Bolognese Sauce	Vegetables Roasted Seasonal Root Vegetables & Savoy Cabbage V Dessert Chocolate & Pear Sponge with Chocolate Custard V Homemade Mousse V
	Main Meals Chicken Sausages with Mashed Potato, Sage & Red Onion Gravy in a Yorkshire Pudding PB Butterbean & Mushroom Stroganoff with Pearl Barley Rice V Jacket Potato with Baked Beans or Grated Cheese V	Vegetables BBQ Smoky Beans & Carrots V Dessert Cinnamon & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V Jelly V
Wednesday	Main Meals Farm Assured Beef Lasagne with a Garlic Bread Shard Mild Chilli Taco & Minted Yoghurt with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V Jelly V
	Main Meals Fish Fingers & Chips with Tartar Sauce Cheddar & Onion Swirl with Chips V Jacket Potato with Baked Beans or Grated Cheese V	Vegetables Baked Beans & Garden Peas V Dessert Vanilla Shortbread Biscuit V Homemade Mousse V
Thursday	Main Meals Battered Cod & Chips with Tartar Sauce Free Range Egg, Cheese & Vegetable Frittata with Chips V Jacket Potato with Baked Beans, Grated Cheese or Salmon Mayonnaise	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie V Homemade Mousse V
	Main Meals Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas with Mexican Rice V Pasta with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake with Custard V Jelly V
Friday	Main Meals Honey & Paprika Roast Chicken with Roast Potatoes PB Five Bean & Barley Cassoulet with Fresh Herb Dumplings V Wholemeal Pasta with Tomato & Basil Sauce & Grated Cheese V	Vegetables Roasted Seasonal Root Vegetables & Garden Peas V Dessert Marbled Chocolate Sponge with Chocolate Custard V Homemade Mousse V
	Main Meals Mediterranean Orzo Pasta & Barley Salad V Crunchy Apple & Potato Salad V Red Cabbage & Pineapple Slaw V PB Spinach, Basil & Tomato Quinoa Salad V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	Vegetables Sunflower, Rosemary & Tomato V Wholemeal V Dessert Fresh Fruit Platter V Homemade Yoghurt V

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

Meat Free Monday	Main Meals Cheese & Tomato Pizza with Hand Cut Potato Wedges V Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella V Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese	Vegetables Boston Baked Beans & Sweetcorn V Dessert Caramelised Apple & Plum Crumble with Custard V Homemade Mousse V
	Main Meals Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas with Mexican Rice V Pasta with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake with Custard V Jelly V
Tuesday	Main Meals Lemon & Thyme Roasted Chicken & Stuffing with Roast Potatoes Roasted Cherry Tomato, Egg & Broccoli Tart with Roast Potatoes V Wholemeal Pasta with Beef Bolognese Sauce	Vegetables Roasted Seasonal Root Vegetables & Garden Peas V Dessert Chocolate & Pear Sponge with Chocolate Custard V Homemade Mousse V
	Main Meals Farm Assured Beef Lasagne with a Garlic Bread Shard Mild Chilli Taco & Minted Yoghurt with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V Jelly V
Wednesday	Main Meals Battered Cod & Chips with Tartar Sauce Free Range Egg, Cheese & Vegetable Frittata with Chips V Jacket Potato with Baked Beans, Grated Cheese or Salmon Mayonnaise	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie V Homemade Mousse V
	Main Meals Mediterranean Orzo Pasta & Barley Salad V Crunchy Apple & Potato Salad V Red Cabbage & Pineapple Slaw V PB Spinach, Basil & Tomato Quinoa Salad V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	Vegetables Sunflower, Rosemary & Tomato V Wholemeal V Dessert Fresh Fruit Platter V Homemade Yoghurt V

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

Meat Free Monday	Main Meals Vegetarian Bolognese Sauce with Herby Spaghetti V Red Lentil & Cheese Loaf with a Rich Tomato Sauce & Hand Cut Potato Wedges V Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese	Vegetables Broccoli & Carrots V Dessert Poached Pear & Apple Crumble with Custard V Jelly V
	Main Meals Chargrilled Spicy Chicken Fajitas with Mexican Rice Linda McCartney Sausages with Mashed Potato & Caramelised Red Onion Gravy in a Yorkshire Pudding V Pasta with Tomato & Basil Sauce & Grated Cheese V	Vegetables Mixed Peas & Sweetcorn V Dessert Sticky Toffee Pudding with Custard V Homemade Mousse V
Tuesday	Main Meals Roast Turkey, Stuffing & Bread Sauce with Roast Potatoes Rosemary, Feta & Pepper Quiche with Roast Potatoes V Wholemeal Pasta with Cheese Sauce V	Vegetables Roasted Seasonal Root Vegetables & Curly Kale V Dessert Warm Waffle with Chocolate Custard V Jelly V
	Main Meals Classic Homemade British Beef Burger with Hand Cut Potato Wedges PB Sweet & Spiced Potato & Chickpea Keralan Curry with Lemon Infused Rice V Jacket Potato with Baked Beans or Grated Cheese V	Vegetables Carrots, Cauliflower & Green Beans V Dessert Apple & Blackcurrant Shortcrust Pastry Pie with Vanilla Ice Cream V Homemade Mousse V
Wednesday	Main Meals Fish Fingers & Chips with Tartar Sauce BBQ Pulled Carrot & Bean Slider with Mozzarella Cheese V Jacket Potato with Baked Beans or Grated Cheese V	Vegetables Baked Beans & Garden Peas V Dessert Baked Banana Flapjack V Jelly V
	Main Meals Mediterranean Orzo Pasta & Barley Salad V Crunchy Apple & Potato Salad V Red Cabbage & Pineapple Slaw V PB Spinach, Basil & Tomato Quinoa Salad V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	Vegetables Sunflower, Rosemary & Tomato V Wholemeal V Dessert Fresh Fruit Platter V Homemade Yoghurt V

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