

# 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**

**Main Meals**  
Macaroni & Cheese with Garlic Bread V  
Roasted Squash Risotto Ve  
Jacket Potato with Baked Beans or Grated Cheese V

**Vegetables**  
Carrots & Peas Ve

**Dessert**  
Chocolate Sponge with Chocolate Sauce V

**Tuesday**

**Main Meals**  
Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy  
Vegetable & Bean Filled Flatbread with New Potatoes Ve  
Pasta with Homemade Tomato & Vegetable Sauce or Cheddar Cheese V

**Vegetables**  
Peas & Broccoli Ve  
Vanilla Sponge V

**Dessert**  
Vanilla Sponge V

**Wednesday**

**Main Meals**  
Pepperoni Pizza  
Margarita Pizza V  
Jacket Potato with Baked Beans or Grated Cheese V

**Vegetables**  
Green Cabbage & Carrots Ve

**Dessert**  
Oat Cookie V

**Thursday**

**Main Meals**  
Beef Burger in a Bun  
Vegetable Quarterponder in a Bun V  
Pasta with Homemade Tomato & Vegetable Sauce or Cheddar Cheese V

**Vegetables**  
Sweetcorn & Coleslaw Ve

**Dessert**  
Jam Sponge V

**Friday**

**Main Meals**  
Fish Fingers with Homemade Tomato Ketchup & Chips  
Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips Ve  
Jacket Potato with Baked Beans or Grated Cheese V

**Vegetables**  
Baked Beans & Peas Ve

**Dessert**  
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: 8<sup>th</sup> Mar, 29<sup>th</sup> Mar

**MF Monday**

**Main Meals**  
Mild Chicken Curry with Rice V  
5 Bean & Vegetable Wrap Ve  
Jacket Potato with Baked Beans or Grated Cheese V

**Vegetables**  
Coleslaw & Carrots Ve

**Dessert**  
Maryland Cookie V

**Tuesday**

**Main Meals**  
Chicken Breast with Roasted New Potatoes, Stuffing & Gravy  
Vegetarian Spicy Special Fried Rice Ve  
Pasta with Homemade Tomato & Vegetable Sauce or Cheddar Cheese V

**Vegetables**  
Sweetcorn Ve  
Carrot & Ginger Sponge V

**Dessert**  
Carrot & Ginger Sponge V

**Wednesday**

**Main Meals**  
Beef Chilli Con Carne with Tacos  
Vegetarian Chilli Con Carne with Tacos V  
Jacket Potato with Baked Beans or Grated Cheese V

**Vegetables**  
Potato Wedges & Carrots Ve

**Dessert**  
Vanilla Shortbread Biscuit V

**Thursday**

**Main Meals**  
Cumberland Sausages with Mashed Potatoes & Onion Gravy  
Vegetarian Sausages with Steamed New Potatoes Ve  
Pasta with Homemade Tomato & Vegetable Sauce or Cheddar Cheese V

**Vegetables**  
Roasted Seasonal Vegetables & Sweetcorn Ve

**Dessert**  
Sticky Toffee Pudding V

**Friday**

**Main Meals**  
Battered Fish with Homemade Tomato Ketchup & Chips  
Falafel & Carrot Wrap with Salsa & Chips Ve  
Jacket Potato with Baked Beans or Grated Cheese V

**Vegetables**  
Baked Beans & Peas Ve

**Dessert**  
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: 15<sup>th</sup> Mar

**MF Monday**

**Main Meals**  
Mild Jerk Chicken Breast with Rice & Peas V  
Vegetable Curry Ve  
Jacket Potato with Baked Beans or Grated Cheese V

**Vegetables**  
Broccoli & Mixed Salad Ve

**Dessert**  
Caramelised Pineapple Sponge V

**Tuesday**

**Main Meals**  
Classic Spaghetti Beef Bolognese  
Sweet Potato Topped Vegetable Pie Ve  
Pasta with Homemade Tomato & Vegetable Sauce or Cheddar Cheese V

**Vegetables**  
Peas & Cauliflower Ve

**Dessert**  
Cherry Cookie V

**Wednesday**

**Main Meals**  
Pepperoni Pizza  
Margarita Pizza V  
Jacket Potato with Baked Beans or Grated Cheese V

**Vegetables**  
Baton Carrots & Peas Ve

**Dessert**  
Ice Cream with Fruit V

**Thursday**

**Main Meals**  
Chicken & Vegetables with a Sweet & Sour sauce with Noodles  
Pitta stuffed with Houmous & Roasted Vegetables Ve  
Pasta with Homemade Tomato & Vegetable Sauce or Cheddar Cheese V

**Vegetables**  
Green Beans Ve

**Dessert**  
Chocolate Shortbread Biscuit Ve

**Friday**

**Main Meals**  
Fish Fingers with Homemade Tomato Ketchup & Chips  
Homemade Crispy Vegetable Nuggets with Chips Ve  
Jacket Potato with Baked Beans or Grated Cheese V

**Vegetables**  
Baked Beans & Peas Ve

**Dessert**  
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: 22<sup>nd</sup> 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 Tweseldown

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