

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	Vegetables	Peas Ve
		Pasta with Cheese Sauce V	Dessert	Apple & Cinnamon Sponge with Custard V
	Main Meals	Beef & Broccoli Stir Fry with Egg Noodles or Rice	Vegetables	Chinese Cabbage Ve
		Squash & Lentil Curry with Steamed Rice Ve	Dessert	Strawberry Cheesecake V
Tuesday		Jacket Potatoes with Cheese V , Salmon Mayonnaise, or Tuna Mayonnaise		
	Main Meals	Roast Chicken Fillets with Roast Potatoes & Gravy	Vegetables	Green Cabbage & Carrots Ve
		Vegan Cornish Pasty with Roast Potatoes Ve	Dessert	Chocolate Sponge & Chocolate Sauce V
		Pasta with Roasted Tomato & Pepper Sauce Ve		
Wednesday	Main Meals	Cumberland Sausage with Mash & Gravy	Vegetables	Green Beans & Cauliflower Ve
		Vegetarian Sausage with Mash & Gravy Ve	Dessert	Fruit Burst Jelly V
		Jacket Potato with Baked Beans Ve or Cheese V		
	Main Meals	Fish Fingers with Chips & Ketchup	Vegetables	Baked Beans & Sweetcorn Ve
Thursday		Vegetable Fingers with Chips & Ketchup Ve	Dessert	Chocolate Chip Cookie V
		Pasta with Cheese Sauce V		
	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	Macaroni & Cheese with Homemade Garlic Bread V	Vegetables	Green Beans Ve
		Jacket Potato with Baked Beans Ve or Cheese V	Dessert	Coconut & Jam Sponge with Custard V
	Main Meals	Beef & Bean Chilli Con Carne served with Baked Potato	Vegetables	Sweetcorn Ve
		Vegan Chilli Con Carne served with Baked Potato Ve	Dessert	Berry Crumble Slice Ve
Tuesday		Jacket Potato with Baked Beans Ve or Cheese V		
	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Vegetables	Roasted Butternut Squash & Carrots Ve
		Potato & Leek Frittata V	Dessert	Fruit Burst Jelly V
		Pasta with Tomato & Vegetable Sauce Ve		
Wednesday	Main Meals	Chicken & Vegetable Curry with Steamed Rice	Vegetables	Carrots & Cauliflower Ve
		Sweet Potato & Butter Bean Curry with Steamed Rice Ve	Dessert	Cherry Cookie Ve
		Jacket Potato with Baked Beans Ve or Cheese V		
	Main Meals	Oven Baked Battered Fish with Chips	Vegetables	Baked Beans & Garden Peas Ve
Thursday		Vegetable Fingers with Chips V	Dessert	Vanilla & Sultana Sponge with Custard V
		Pasta with Tomato & Vegetable Sauce Ve		
	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	Lentil & Vegetable Curry with Rice Ve	Vegetables	Broccoli Florets Ve
		Pasta with Tomato & Vegetable Sauce Ve	Dessert	Carrot & Apple Flapjack V
	Main Meals	Spaghetti Bolognese	Vegetables	Carrots & Peas Ve
		Vegetarian Spaghetti Bolognese Ve	Dessert	Lemon Drizzle Cake V
Tuesday		Jacket Potato with Baked Beans Ve Cheese V , or Bolognese		
	Main Meals	Roast Turkey with Roast Potatoes & Gravy	Vegetables	Green Cabbage & Roast Carrots Ve
		Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy Ve	Dessert	Banana & Sultana Cake with Custard V
		Wholewheat Pasta with Cheese & Leek Sauce V		
Wednesday	Main Meals	Pepperoni Pizza with Potato Salad	Vegetables	Sweetcorn Ve
		Margherita Pizza with Potato Salad V	Dessert	Chilled Rice Pudding with Berry Compote V
		Jacket Potato with Baked Beans Ve or Cheese V		
	Main Meals	Fish Fingers with Chips	Vegetables	Baked Beans & Garden Peas Ve
Thursday		Vegetable & Lentil Croquette with Chips Ve	Dessert	Chocolate & Raisin Shortbread Ve
		Pasta with Tomato & Basil Sauce Ve		
	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

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.

BM1Perryfields

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