

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 Macaroni Cheese with Garlic Bread V Jacket Potato with choice of toppings V	Vegetables Carrots & Green Beans Ve Dessert Chocolate & Beetroot Sponge V
	Main Meals Chicken Tikka Masala with Rice Chargrilled Vegetable Quesadilla with Rice Ve Pasta with a choice of toppings V	Vegetables Lentil Dhal & Broccoli Ve Dessert Courgette & Orange Cake V
	Main Meals Gammon with Roasted Potatoes & Gravy Spiced Moroccan Chickpea Curry with Lemon Couscous Ve Jacket Potato with choice of toppings V	Vegetables Green Cabbage & Carrots Ve Dessert Ice Cream with Fruit V
	Main Meals Beef Burger in a Bun Crispy Chickpea Burger in a Bun Ve Pasta with a choice of toppings V	Vegetables Sweetcorn & Coleslaw Ve Dessert Apple & Oat Crumble V
	Main Meals Fish Fingers with Tomato Ketchup & Chips Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips Ve Jacket Potato with choice of toppings 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: 2 nd Nov, 23 rd Nov, 14 th Dec, 4 th Jan, 25 th Jan, 15 th Feb, 8 th Mar, 29 th Mar		

MF Monday	Main Meals Margherita Pizza V Jacket Potato with choice of toppings V	Vegetables Coleslaw & Sweetcorn Ve Dessert Sticky Toffee Pudding V
	Main Meals Classic Spaghetti Beef Bolognese Sweet Potato Topped Vegetable Pie Ve Pasta with a choice of toppings V	Vegetables Peas Ve Dessert Carrot & Ginger Sponge V
	Main Meals Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy Mediterranean Vegetable Tart Ve Jacket Potato with choice of toppings V	Vegetables Carrots & Green Cabbage Ve Dessert Jelly V
	Main Meals Cumberland Sausages with Mashed Potatoes & Onion Gravy Vegetarian Sausages with Mashed Potatoes Ve Pasta with a choice of toppings V	Vegetables Roasted Seasonal Vegetables & Sweetcorn Ve Dessert Peach Sponge Cake V
	Main Meals Battered Fish with Tomato Ketchup & Chips Falafel & Carrot Wrap with Salsa & Chips Ve Jacket Potato with choice of toppings 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: 9 th Nov, 30 th Nov, 21 st Dec, 11 th Jan, 1 st Feb, 22 nd Feb, 15 th Mar		

MF Monday	Main Meals Roasted Tomato & Vegetable Cheesy Pasta V Jacket Potato with choice of toppings V	Vegetables Broccoli & Mixed Salad Ve Dessert Caramelised Pineapple Sponge V
	Main Meals Mild Jerk Chicken with Rice & Peas Vegetarian Spicy Special Fried Rice Ve Pasta with a choice of toppings V	Vegetables Sweetcorn Ve Dessert Jelly V
	Main Meals Roast Chicken served with Roasted Potatoes & Gravy Tofu & Vegetable Noodle Stir Fry Ve Jacket Potato with choice of toppings V	Vegetables Cauliflower & Peas Ve Dessert Ice Cream with Fruit V
	Main Meals Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce with Noodles Pitta Pizza topped with Houmous & Roasted Vegetables Ve Pasta with a choice of toppings V	Vegetables Green Beans Ve Dessert Chocolate Shortbread Biscuit Ve
	Main Meals Fish Fingers with Tomato Ketchup & Chips Homemade Crispy Vegetable Nuggets with Chips Ve Jacket Potato with choice of toppings 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: 16 th Nov, 7 th Dec, 28 th Dec, 18 th Jan, 8 th Feb, 1 st Mar, 22 nd Mar		

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians
All products are subject to availability.

Available Every Day

Fresh Fruit Platter V
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 Perryfields

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