

MADE FRESH EVERY DAY

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

WEEK 1:

17TH APR, 8TH MAY, 29TH MAY, 19TH JUN, 10TH JUL, 31ST JUL, 4TH SEP, 25TH SEP, 16TH OCT

Monday

Pasta Bolognese (G) V
Cheese & Tomato Pizza (G,MK) with Potato Wedges V
Sweetcorn & Carrots V
Jacket Potato with Bolognese Sauce or Grated Cheese (MK) V
Berry & Apple Crumble (G,mk) or Ice Cream (MK) V
Fresh Fruit Platter, Custard (MK) & Yoghurt (MK,SO) V

Tuesday

Chilli Con Carne (g) with Rice
Vegetable Bean Chilli (g) with Rice V
Mixed Leaf Salad & Garden Peas V
Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V
Vanilla Shortbread (G,mk), Fresh Yoghurt (MK,SO) V
Fresh Fruit Platter & Custard (MK) V

Wednesday

Roast Chicken & Stuffing (G) with Roast Potatoes
Vegetable Loaf (G,E,SO,se) with Roast Potatoes V
Seasonal Vegetables V
Pasta (G) with Tomato Sauce & Grated Cheese (MK) V
Strawberry Jelly, Fresh Yoghurt (MK,SO) V
Fresh Fruit Platter & Custard (MK) V

Thursday

Chicken Sausages(G,SO,SU) & Mashed Potato (MK) with Onion Gravy (mk)
Vegetable Sausages (G,SO,SU) & Mashed Potato (MK) Onion Gravy (mk)V
Carrots & Sweetcorn V
Jacket Potato with Baked Beans or Grated Cheese (MK) V
Chocolate Cake (G,E,mk) or Ice Cream (MK) V
Fresh Fruit Platter, Custard (MK) & Yoghurt (MK,SO) V

Friday

 Fish Fingers (G,F) with Chips
Cheese & Onion Slice (G,MK) with Chips V
Baked Beans & Garden Peas V
Jacket Potato with Tuna Mayonnaise (F,E,MU) or Grated Cheese (MK)
Banana Flapjack (G,mk), Fresh Yoghurt (MK,SO) V
Fresh Fruit Platter & Custard (MK) V

WEEK 2:

24TH APR, 15TH MAY, 5TH JUNE 26TH JUN, 17TH JUL, 11TH SEP, 2ND OCT, 23RD OCT

Monday

Macaroni Cheese (G,MK) V
Italian Bean Wrap (G,MK) V
Sweetcorn & Carrots V
Jacket Potato with Baked Beans or Grated Cheese (MK) V
Strawberry Crumb Cake (G,E,SO,MK) or Ice Cream (MK) V
Fresh Fruit Platter, Custard (MK) & Yoghurt (MK,SO) V

Tuesday

Chicken Curry (MU) with Rice
Curried Potato & Chickpeas (MU) with Rice V
Mixed Leaf Salad & Garden Peas V
Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V
Oaty Cookie (G,mk), Fresh Yoghurt (MK,SO) V
Fresh Fruit Platter & Custard (MK) V

Wednesday

Roast Beef with Roast Potatoes
Vegetable Casserole Topped with Sliced Potatoes V
Seasonal Vegetables V
Pasta (G) with Tomato Sauce & Grated Cheese (MK) V
Raspberry Ripple Ice Cream (SO,MK), Fresh Yoghurt (MK,SO) V
Fresh Fruit Platter & Custard (MK) V

Thursday

"Red Tractor" Chicken Burger in a Bun (G,SO,se,SU) with Potato Wedges
Vegetable Burger in a Bun (G,E,mk,C) with Potato Wedges V
Carrots & Sweetcorn V
Jacket Potato with Baked Beans or Grated Cheese (MK) V
Chocolate & Orange Cake (G,E,mk) or Ice Cream (MK) V
Fresh Fruit Platter, Custard (MK) & Yoghurt (MK,SO) V

Friday

 Fish Fingers (G,F) with Chips
Cheese & Vegetable Frittata (E,MK) with Chips V
Baked Beans & Garden Peas V
Jacket Potato with Tuna or Salmon Mayonnaise (F,E,MU) Grated Cheese (MK)
Apple Flapjack (G,mk), Fresh Yoghurt (MK,SO) V
Fresh Fruit Platter & Custard (MK) V

WEEK 3:

1ST MAY, 22ND MAY, 12TH JUN, 3RD JUL, 24TH JUL, 18TH SEP, 9TH OCT, 30TH OCT

Monday

Oven Baked Lasagne (G,MK) V
Vegetable Sausage Pizza (G,SO,MK,SU) with Potato Wedges V
Sweetcorn & Carrots V
Jacket Potato with Bolognese Sauce or Grated Cheese (MK) V
Apple Crumble (G,mk) or Ice Cream (MK) V
Fresh Fruit Platter, Custard (MK) & Yoghurt (MK,SO) V

Tuesday

Jerk Chicken in Gravy with Rice & Peas
Sweet & Sour Vegetables (G) with Rice V
Mixed Leaf Salad & Garden Peas V
Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V
Vanilla Shortbread (G,mk), Fresh Yoghurt (MK,SO) V
Fresh Fruit Platter & Custard (MK) V


Wednesday

Roast Chicken & Stuffing (G) with Roast Potatoes
Vegetable & Cheese Bake (G,MK) V
Seasonal Vegetables V
Pasta (G) with Tomato Sauce & Grated Cheese (MK) V
Strawberry Jelly, Fresh Yoghurt (MK,SO) V
Fresh Fruit Platter & Custard (MK) V

Thursday

Chicken Meatballs (G,SO,SU) with Mashed Potato (MK)
Roasted Vegetables (SU) with Mashed Potato (MK) V
Carrots & Sweetcorn V
Jacket Potato with Baked Beans or Grated Cheese (MK) V
Chocolate Cake (G,E,mk) or Ice Cream (MK) V
Fresh Fruit Platter, Custard (MK) & Yoghurt (MK,SO) V

Friday

 Fish Fingers (G,F) with Chips
Cheese & Houmous Quesadillas (G,SE,MK) with Chips V
Baked Beans & Garden Peas V
Jacket Potato with Tuna Mayonnaise (F,E,MU) or Grated Cheese (MK)
Vanilla Flapjack (G,mk), Fresh Yoghurt (MK,SO) V
Fresh Fruit Platter & Custard (MK) V

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ALLERGEN KEY:

CELERY AND CELERIAC (C), CRUSTACEANS/SHELLFISH (CR), EGGS (E), FISH (F), GLUTEN (G), LUPIN (L), MILK (MK), MOLLUSCS (MO), MUSTARD (MU), OTHER NUTS (N), PEANUTS (P), SESAME SEEDS (SE), SOYA AND SOYA PRODUCTS (SO), SULPHITES (SU)
MAY CONTAINS ARE SPECIFIED BY lower case letters.
V - SUITABLE FOR VEGETARIANS