

# Let's see what's for lunch...

Meat Free Monday

## Main Meals

- Chargrilled Vegetarian Fajitas with Hand Cut Cajun Spiced Potato Wedges ✓
- Five Bean Chilli with Lime Infused Brown Rice ✓
- Pasta with Tomato & Basil Sauce ✓

## Vegetables

- Carrots & Garden Peas ✓
- Dessert**
- Caramelised Apple & Raisin Crumble with Custard ✓

Tuesday

## Main Meals

- Mild Chicken Masala with Yellow Rice
- Country Vegetable Cottage Pie Topped with Herby Sweet Potato ✓
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

## Vegetables

- Broccoli & Sweetcorn ✓
- Dessert**
- Sticky Ginger Cake with Custard ✓

Wednesday

## Main Meals

- Slow Roasted Gammon, Apple & Rosemary Chutney, Traditional Gravy with Roast Potatoes
- Teriyaki Noodles with Stir Fried Vegetables & Mixed Beans ✓
- Wholemeal Pasta with Tomato & Basil Sauce ✓

## Vegetables

- Roasted Seasonal Root Vegetables & Seasonal Cabbage ✓
- Dessert**
- Vanilla Shortbread Biscuit ✓

Thursday

## Main Meals

- British Beef Burger in a Bun with Homemade BBQ Relish & New Potatoes
- 🌱 Red Lentil & Cheese Loaf with a Rich Tomato Sauce & New Potatoes ✓
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

## Vegetables

- Classic Coleslaw & Sliced Tomato Salad ✓
- Dessert**
- Traditional Lemon Sponge with Custard ✓

Friday

## Main Meals

- Fish Fingers & Chips with Tartar Sauce
- Free Range Egg, Cheese & Vegetable Frittata ✓
- Pasta with Tomato & Basil Sauce & Grated Cheese ✓

## Vegetables

- Baked Beans & Garden Peas ✓
- Dessert**
- Raspberry Ripple Ice Cream ✓

Available Every Day

## Salad Bar

- 🌱 Mediterranean Bean with Orzo Pasta & Mint ✓
- Potato Salad with French Dressing ✓
- Asian Coleslaw ✓
- 🌱 Sweet Chilli, Watermelon & Mint Salad ✓
- Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓

## Freshly Baked Bread

- 🌱 Chickpea & Coriander Masala ✓
- Wholemeal ✓
- Dessert**
- Fresh Fruit Platter ✓

Week 1: 2 Sep, 23 Sep, 14 Oct

Meat Free Monday

## Main Meals

- Mediterranean Tagine with Mixed Barley & Cous Cous ✓
- Ultimate Mac & Cheese ✓
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

## Vegetables

- Chopped House Salad & Sweetcorn ✓
- Dessert**
- Pear & Apple Oaty Crumble with Custard ✓

Tuesday

## Main Meals

- Farm Assured British Beef Lasagne with a Garlic Bread Shard
- Sweet Potato & Chickpea Korma with Citrus Infused Rice ✓
- Pasta with Tomato & Basil Sauce ✓

## Vegetables

- Seasonal Shredded Cabbage & Carrots ✓
- Dessert**
- Chocolate Beetroot Brownie ✓

Wednesday

## Main Meals

- Honey Glazed Garlic & Lemon Infused British Roast Chicken, Traditional Gravy with Roast Potatoes
- 🌱 Roasted Aubergine & Sweet Cherry Tomato Moussaka ✓
- Wholemeal Pasta with Tomato & Basil Sauce ✓

## Vegetables

- Roasted Seasonal Root Vegetables & Garden Peas ✓
- Dessert**
- Raspberry Ripple Ice Cream ✓

Thursday

## Main Meals

- British Cumberland Sausages with Bubble & Squeak Mash in a Yorkshire Pudding with Onion Gravy
- Green Lentil & Spinach Dhal with Coconut & Lemon Grass Rice ✓
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

## Vegetables

- Broccoli & Carrots ✓
- Dessert**
- Traditional Sultana Sponge with Custard ✓

Friday

## Main Meals

- Battered Cod & Chips with Tartar Sauce
- Mexican Bean Burger with Lime Yoghurt & Salsa Roja ✓
- Jacket Potato with Salmon Mayonnaise or Cheddar Cheese

## Vegetables

- Baked Beans & Garden Peas ✓
- Dessert**
- Maryland Cookie ✓

Available Every Day

## Salad Bar

- 🌱 Mexican Mixed Bean & Pasta Salad ✓
- Crunchy Apple & Potato Salad ✓
- Red Cabbage & Pineapple Slaw ✓
- 🌱 Rainbow Quinoa Salad with Pumpkin Seeds ✓
- Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓

## Freshly Baked Bread

- 🌱 Rosemary, Oat & Caramelised Red Onion ✓
- Wholemeal ✓
- Dessert**
- Fresh Fruit Platter ✓

Week 2: 9 Sep, 30 Sep, 21 Oct

## 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](http://www.schoolfoodplan.com)

Meat Free Monday

## Main Meals

- Cheese & Tomato Pizza with Hand Cut Potato Wedges ✓
- Vegetarian Sausages with Mashed Potato in a Yorkshire Pudding with Gravy ✓
- Pasta with Tomato & Basil Sauce ✓

## Vegetables

- Carrots & Sweetcorn ✓
- Dessert**
- Summer Berry & Apple Crumble with Custard ✓

Tuesday

## Main Meals

- Slow Cooked Shredded British Pork Taco with Coriander Brown Rice & Apple Coleslaw
- Balsamic Caramelised Red Onion & Cheddar Cheese Quiche with New Potatoes ✓
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

## Vegetables

- Peas & Cauliflower Florets ✓
- Dessert**
- Orange & Courgette Sponge with Custard ✓

Wednesday

## Main Meals

- Farm Assured British Roast Beef, Yorkshire Pudding & Traditional Gravy with Rosemary Roast Potatoes
- Chickpea & Sweet Potato Falafel Wrap with Minted Yoghurt Slaw ✓
- Wholemeal Pasta with Tomato & Basil Sauce ✓

## Vegetables

- Roasted Seasonal Root Vegetables & Broccoli ✓
- Dessert**
- Fruit Flapjack ✓

Thursday

## Main Meals

- Creamy British Chicken & Tarragon Pie with Mashed Potato & Gravy
- 🌱 Spinach, Mushroom & Mozzarella Lasagne with a Garlic Bread Shard ✓
- Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

## Vegetables

- Carrots & Green Beans ✓
- Dessert**
- Traditional Chocolate Sponge & Chocolate Sauce ✓

Friday

## Main Meals

- Fish Fingers & Chips with Tartar Sauce
- Creamy Tagliatelle with Crème Fraîche & Nut Free Pesto ✓
- Pasta with Tomato & Basil Sauce ✓

## Vegetables

- Baked Beans & Garden Peas ✓
- Dessert**
- Raspberry Ripple Ice Cream ✓

Available Every Day

## Salad Bar

- Tomato & Basil Pasta Salad ✓
- 🌱 Chickpea & Butterbean Pesto Salad ✓
- Curried Rice & Sultana Salad ✓
- 🌱 Roasted Vegetables & Giant Cous Cous Salad ✓
- Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad ✓

## Freshly Baked Bread

- 🌱 Baked Bean, Tomato & Basil ✓
- Wholemeal ✓
- Dessert**
- Fresh Fruit Platter ✓

Week 3: 16 Sep, 7 Oct