

# 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 Crispy Ciabatta & Herb Crumb V  
 Roasted Squash & Basil Risotto Ve  
 Jacket Potato with choice of toppings V

- Vegetables**  
 Carrots & Green Beans Ve  
**Dessert**  
 Chocolate & Beetroot Sponge with Custard V

Tuesday

- 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 with Custard V

Wednesday

- Main Meals**  
 Gammon with Orange & Herb Glaze served 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**  
 Vanilla Shortcake V

Thursday

- Main Meals**  
 Beef Burger in a Bun with Potato Wedges  
 Crispy Chickpea Burger in a Bun Ve  
 Pasta with a choice of toppings V

- Vegetables**  
 Sweetcorn & Coleslaw Ve  
**Dessert**  
 Apple & Oat Crumble with Custard V

Friday

- Main Meals**  
 Fish Fingers with Homemade 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<sup>nd</sup> Nov, 23<sup>rd</sup> Nov, 14<sup>th</sup> Dec, 4<sup>th</sup> Jan, 25<sup>th</sup> Jan, 15<sup>th</sup> Feb, 8<sup>th</sup> Mar, 29<sup>th</sup> Mar

MF Monday

- Main Meals**  
 Margherita Pizza & Potato Wedges V  
 Mexican 5 Bean & Vegetable Tostada with Pomegranate Ve  
 Jacket Potato with choice of toppings V

- Vegetables**  
 Coleslaw & Carrots Ve  
**Dessert**  
 Sticky Toffee Pudding with Custard V

Tuesday

- Main Meals**  
 Classic Spaghetti Beef Bolognese  
 Sweet Potato Topped Vegetable Pie Ve  
 Pasta with a choice of toppings V

- Vegetables**  
 Peas & Cauliflower Ve  
**Dessert**  
 Carrot & Ginger Sponge with Custard V

Wednesday

- 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**  
 Strawberry Cheesecake V

Thursday

- Main Meals**  
 Cumberland Sausages with Mashed Potatoes & Onion Gravy  
 Vegetarian Sausages with Steamed New Potatoes Ve  
 Pasta with a choice of toppings V

- Vegetables**  
 Roasted Seasonal Vegetables & Sweetcorn Ve  
**Dessert**  
 Peach Sponge Cake with Custard V

Friday

- Main Meals**  
 Battered Fish with Homemade Tomato Ketchup or Salmon Fishcake in a Bun & 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<sup>th</sup> Nov, 30<sup>th</sup> Nov, 21<sup>st</sup> Dec, 11<sup>th</sup> Jan, 1<sup>st</sup> Feb, 22<sup>nd</sup> Feb, 15<sup>th</sup> Mar

MF Monday

- Main Meals**  
 Roasted Tomato & Vegetable Cheesy Pasta V  
 Jackfruit Katsu Curry with Rice Ve  
 Jacket Potato with choice of toppings V

- Vegetables**  
 Broccoli & Mixed Salad Ve  
**Dessert**  
 Caramelised Pineapple Sponge with Custard V

Tuesday

- 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**  
 Apple Pie Cinnamon Roll with Custard V

Wednesday

- 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**  
 Flapjack V

Thursday

- 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

Friday

- Main Meals**  
 Fish Fingers with Homemade 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: Nov, 7<sup>th</sup> Dec, 28<sup>th</sup> Dec, 1<sup>st</sup> Jan, 8<sup>th</sup> Feb, 1<sup>st</sup> Mar, 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 Swale No IC

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