

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

Day	Main Meals	Vegetables	Dessert
MF Monday	Macaroni Cheese with Crispy Ciabatta & Herb Crumb V Roasted Squash & Basil Risotto Ve Jacket Potato with choice of toppings V	Carrots & Green Beans Ve Ice Cream with Fruit V	
Tuesday	Chicken Tikka Masala with Rice Halal Chicken Tikka Masala with Rice Spiced Moroccan Chickpea Curry with Lemon Cous Cous Ve Pasta with a choice of toppings V	Lentil Dhal & Broccoli Ve Courgette & Orange Cake V	
Wednesday	Roasted Chicken with Roasted Potatoes & Gravy Halal Roasted Chicken with Roasted Potatoes & Gravy Chargrilled Vegetable Quesadilla with Rice Ve Jacket Potato with choice of toppings V	Green Cabbage & Carrots Ve Chocolate Orange Cheesecake V	
Thursday	Beef Burger in a Bun Halal Beef Burger in a Bun Crispy Chickpea Burger in a Bun Ve Pasta with a choice of toppings V	Sweetcorn & Coleslaw Ve Apple & Oat Crumble V	
Friday	Fish Fingers with Homemade Tomato Ketchup & Chips Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips Ve Jacket Potato with choice of toppings V	Baked Beans & Peas Ve Chocolate & Carrot Brownie V	
<p>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</p>			
<p>Week 1: 31st Aug, 21st Sep, 1st Oct, 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar</p>			

Day	Main Meals	Vegetables	Dessert
MF Monday	Margherita Pizza V Mexican 5 Bean & Vegetable Tostada with Pomegranate Ve Jacket Potato with choice of toppings V	Coleslaw & Carrots Ve Sticky Toffee Pudding V	
Tuesday	Classic Spaghetti Beef Bolognese Halal Classic Spaghetti Beef Bolognese Sweet Potato Topped Vegetable Pie Ve Pasta with a choice of toppings V	Peas & Cauliflower Ve Carrot & Ginger Sponge V	
Wednesday	Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy Halal Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy Mediterranean Vegetable Tart Ve Jacket Potato with choice of toppings V	Carrots & Green Cabbage Ve Ice Cream with Fruit V	
Thursday	Chicken & Beef Sausages with Mashed Potatoes & Onion Gravy Halal Chicken & Beef Sausages with Mashed Potatoes & Onion Gravy Vegetarian Sausages with Steamed New Potatoes Ve Pasta with a choice of toppings V	Roasted Seasonal Vegetables & Sweetcorn Ve Peach Sponge Cake V	
Friday	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	Baked Beans & Peas Ve Banana Flapjack Ve	
<p>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</p>			
<p>Week 2: 7th Sep, 28th Sep, 19th Oct, 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb, 15th Mar</p>			

Day	Main Meals	Vegetables	Dessert
MF Monday	Roasted Tomato & Vegetable Cheesy Pasta V Jackfruit Katsu Curry with Rice Ve Jacket Potato with choice of toppings V	Broccoli & Cauliflower Ve Caramelised Pineapple Sponge V	
Tuesday	Mild Jerk Chicken with Rice & Peas Halal Mild Jerk Chicken with Rice & Peas Vegetarian Spicy Special Fried Rice Ve Pasta with a choice of toppings V	Sweetcorn & Carrots Ve Apple Pie Cinnamon Roll V	
Wednesday	Roast Chicken served with Roasted Potatoes & Gravy Halal Roast Chicken served with Roasted Potatoes & Gravy Tofu & Vegetable Noodle Stir Fry Ve Jacket Potato with choice of toppings V	Cauliflower & Peas Ve Ice Cream with Fruit V	
Thursday	Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce with Noodles Halal 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	Green Beans & Carrots Ve Chocolate Shortbread Biscuit Ve	
Friday	Fish Fingers with Homemade Tomato Ketchup & Chips Homemade Crispy Vegetable Nuggets with Chips Ve Jacket Potato with choice of toppings V	Baked Beans & Peas Ve Lemon Drizzle Cake V	
<p>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</p>			
<p>Week 3: 1st Sep, 5th Oct, 26th Oct, 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb, 1st Mar, 22nd Mar</p>			

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.

BM2 Pinner Wood

August 2020