

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

MF Monday

- Main Meals**
 Roasted Vegetable & Bean Hotpot **Ve**
 Vegan Bolognese with Pasta **V**
 Pasta with Cheese & Chive Sauce **V**

- Vegetables**
 Peas & Broccoli **Ve**
Dessert
 Apple & Cinnamon Sponge with Custard **V**

Tuesday

- Main Meals**
 Beef & Broccoli Stir Fry with Egg Noodles or Rice
 Halal Beef & Broccoli Stir Fry with Egg Noodles or Rice
 Vegan Mince & Vegetable Pasta Bake **Ve**
 Jacket Potato with Cheese **V** or Salmon Mayonnaise

- Vegetables**
 Chinese Cabbage & Green Beans **Ve**
Dessert
 Strawberry Cheesecake **V**

Wednesday

- Main Meals**
 Roast Chicken Fillets with Roast Potatoes & Gravy
 Halal Roast Chicken Fillets with Roast Potatoes & Gravy
 Vegan Cornish Pasty with Roast Potatoes **Ve**
 Pasta with Roasted Tomato & Pepper Sauce **Ve**

- Vegetables**
 Green Cabbage & Carrots **Ve**
Dessert
 Chocolate Sponge & Chocolate Sauce **V**

Thursday

- Main Meals**
 Chicken & Sweetcorn Meatballs in Rich Tomato Sauce with Penne Pasta
 Halal Chicken & Sweetcorn Meatballs in Rich Tomato Sauce with Penne Pasta
 Potato Crust Cheese & Tomato Quiche **V**
 Jacket Potato with Baked Beans **Ve** or Cheese **V**

- Vegetables**
 Green Beans & Cauliflower **Ve**
Dessert
 Fruit Burst Jelly **V**

Friday

- Main Meals**
 Fish Fingers with Homemade Tartar Sauce & Chips
 Vegetarian Fingers with Homemade Ketchup & Chips **Ve**
 Pasta with Creamy Mushroom Sauce **V**

- Vegetables**
 Baked Beans & Sweetcorn **Ve**
Dessert
 Chocolate & Orange Cookie **V**

Freshly Baked Bread:

Pumpkin & Carrot **V** Wholemeal **V**

Week 1:

12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

Available Every Day

Fresh Fruit Platter **Ve**
 Fresh Natural Yoghurt with Fruit Puree **V**

MF Monday

- Main Meals**
 Cauliflower Macaroni & Cheese with Homemade Garlic Bread **V**
 Carrot & Pea Risotto **Ve**
 Jacket Potato with Baked Beans **Ve** or Cheese **V**

- Vegetables**
 Green Beans & Baked Courgette **Ve**
Dessert
 Coconut & Jam Sponge with Custard **V**

Tuesday

- Main Meals**
 Beef & Bean Chilli Con Carne served with Baked Potato
 Halal Beef & Bean Chilli Con Carne served with Baked Potato
 Vegan Chilli Con Carne served with Baked Potato **Ve**
 Pasta with Spinach & Onion Sauce **V**

- Vegetables**
 Sweetcorn & Broccoli **Ve**
Dessert
 Berry Crumble Slice **Ve**

Wednesday

- Main Meals**
 Roast Turkey with Roast Potatoes & Gravy
 Halal Roast Turkey with Roast Potatoes & Gravy
 Country Vegetable Pie with Sweet Potato Mash **V**
 Jacket Potato with Baked Beans **Ve** or Cheese **V**

- Vegetables**
 Green Cabbage & Carrots **Ve**
Dessert
 Orange & Poppy Seed Sponge **V**

Thursday

- Main Meals**
 Chicken & Vegetable Curry with Steamed Rice
 Halal Chicken & Vegetable Curry with Steamed Rice
 Lentil & Vegetable Lasagne with Garlic Bread **V**
 Pasta with Tomato & Basil Sauce **Ve**

- Vegetables**
 Carrots & Cauliflower **Ve**
Dessert
 Cherry Cookie **Ve**

Friday

- Main Meals**
 Oven Baked Battered Fish with Baked Chips
 Roasted Vegetable & Chick Pea Wrap **V**
 Jacket Potato with Baked Beans **Ve** or Cheese **V**

- Vegetables**
 Baked Beans & Garden Peas **Ve**
Dessert
 Vanilla & Sultana Sponge with Custard **V**

Freshly Baked Bread:

Courgette, Oat & Thyme **V** Wholemeal **V**

Week 2:

19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

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**
 Country Vegetable Pie with Sweet Potato Mash **Ve**
 Margherita Pizza with Potato Salad **Ve**
 Pasta with Tomato & Vegetable Sauce **V**

- Vegetables**
 Broccoli Florets & Peas **Ve**
Dessert
 Carrot & Apple Flapjack **V**

Tuesday

- Main Meals**
 Beef Lasagne
 Halal Beef Lasagne
 Squash & Lentil Curry with Steamed Rice **Ve**
 Jacket Potato with Baked Beans **Ve** Cheese **V**, or Bolognese **V**

- Vegetables**
 Carrots & Peas **Ve**
Dessert
 Lemon Drizzle Cake **V**

Wednesday

- Main Meals**
 Roast Chicken with Roast Potatoes & Gravy
 Halal Roast Chicken with Roast Potatoes & Gravy
 Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy **Ve**
 Wholewheat Pasta with Cheese & Leek Sauce **V**

- Vegetables**
 Green Cabbage & Roast Carrots **Ve**
Dessert
 Banana & Sultana Cake with Custard **V**

Thursday

- Main Meals**
 Beef Burger in a Bun with Potato Salad
 Halal Beef Burger in a Bun with Potato Salad
 Courgette & Potato Pattie in a Pitta with Garlic Mayo **V**
 Jacket Potato with Baked Beans **Ve** or Cheese **V**

- Vegetables**
 Sweetcorn & Green Beans **Ve**
Dessert
 Chilled Rice Pudding with Berry Compote **V**

Friday

- Main Meals**
 Fish Fingers with Oven Baked Chips
 Vegetable & Lentil Croquette with Oven Baked Chips **Ve**
 Pasta with Lentil & Bean Sauce **Ve**

- Vegetables**
 Baked Beans & Garden Peas **Ve**
Dessert
 Chocolate & Raisin Shortbread **Ve**

Freshly Baked Bread:

Sunflower, Rosemary & Tomato **V** Wholemeal **V**

Week 3:

26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

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

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.

BM2Pinnerwood

April 2021