

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

### WEEK 1:

16<sup>th</sup> APR, 7<sup>th</sup> MAY, 26<sup>th</sup> MAY, 18<sup>th</sup> JUNE,  
9<sup>th</sup> JULY, 3<sup>rd</sup> SEPT, 24<sup>th</sup> SEPT, 15<sup>th</sup> OCT

#### Meat Free Monday

- Bolognese Sauce & Herby Spaghetti (G,mk) ✓
- Sweetcorn & Pepper Pizza (G,MK) with Homemade Potato Wedges ✓
  - Broccoli & Carrots ✓
- Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)
  - Apple Crumble (G,mk) with Custard (MK) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

#### Tuesday

- Chicken Curry (MU) with Yellow Rice
- Lentil, Spinach & Sweet Potato Balti (g) with Yellow Rice ✓
  - Sweetcorn & Seasonal Cabbage ✓
- Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) ✓
  - Raspberry Ripple Ice Cream (MK) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

#### Wednesday

- Roast Pork & Apple Sauce with Roast Potatoes
- Vegetarian Sausage Casserole (G,SO,SU) with Fusilli Pasta Twists (G) ✓
  - Seasonal Roasted Vegetables & Garden Peas ✓
- Wholemeal Pasta (G) with Beef Bolognese Sauce
- Rhubarb & Apple Pie (G,MK) with Custard (MK) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

#### Thursday

- Chicken & Sweetcorn Pie (G,MK) with Mashed Potato (MK) & Gravy
- Vegetarian Pie (G,MK) with Mashed Potato (MK) & Gravy ✓
  - Carrots & Broccoli ✓
- Jacket Potato with Baked Beans & Grated Cheese (MK) ✓
- Pineapple Upside Down Cake (G,E,mk,SU) with Custard (MK) ✓
  - Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

#### Friday

- Fish Fingers (G,F) with Chips
- Spicy Vegetable Wrap (G,SE) with Chips ✓
  - Baked Beans & Garden Peas ✓
- Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)
  - Chocolate Brownie (G,E,mk) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO) ✓

### WEEK 2:

23<sup>rd</sup> APR, 14<sup>th</sup> MAY, 4<sup>th</sup> JUNE, 25<sup>th</sup> JUNE,  
16<sup>th</sup> JULY, 10<sup>th</sup> SEPT, 1<sup>st</sup> OCT

#### Meat Free Monday

- Macaroni Cheese (G,MK) ✓
- Enchiladas (G,E,MK) with Homemade Potato Wedges ✓
  - Garden Peas & Sweetcorn ✓
- Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)
  - Warm Waffle (G,E,SO,MK) with Chocolate Custard (MK) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

#### Tuesday

- Chinese Style Pork (G,SO,c,mu) Wraps with Noodles (G,E,SO)
- Chinese Style Vegetable & Quorn (G,E,SO,c,mu) with Noodles (G,E,SO) ✓
  - Green Beans & Sweetcorn ✓
- Pasta (G) with Beef Bolognese Sauce
- Homemade Jammy Dodger Ice Cream (G,MK,SU) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

#### Wednesday

- Roast Chicken & Stuffing (G) with Roasted New Potatoes
  - Vegetable & Butter Bean Stew with Rice ✓
  - Seasonal Roasted Vegetables & Cabbage ✓
- Wholemeal Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) ✓
  - Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

#### Thursday

- Cottage Pie (MK) with Gravy
- Lentil & Vegetable Pie (G,MK) with Mashed Potato (MK) & Gravy ✓
  - Carrots & Sweetcorn ✓
- Jacket Potato with Baked Beans & Grated Cheese (MK) ✓
- Apple & Berry Fruit Crumble (G,mk) with Custard (MK) ✓
  - Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

#### Friday

- Fish (G,F) with Chips
- Mozzarella & Tomato Pizza (G,MK) with Chips ✓
  - Baked Beans & Garden Peas ✓
- Jacket Potato with Baked Beans, Salmon Mayonnaise (E,F) Grated Cheese (MK)
  - Maryland Cookie (G,mk) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO) ✓

### WEEK 3:

30<sup>th</sup> APR, 21<sup>st</sup> MAY, 11<sup>th</sup> JUNE, 2<sup>nd</sup> JULY,  
23<sup>rd</sup> JULY, 2<sup>nd</sup> AUG, 17<sup>th</sup> SEPT, 8<sup>th</sup> OCT

#### Meat Free Monday

- Baked Lasagne (G,MK) with Garlic Bread (G,e,SO,mk) ✓
- Cheese & Pepper Quiche (G,E,MK) with Homemade Potato Wedges ✓
  - Sweetcorn & Carrots ✓
- Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)
  - Jam Sponge (G,E,mk,SU) with Custard (MK) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

#### Tuesday

- BBQ Pulled Chicken (G,SO) with Warm New Potato Salad (E,MK)
- BBQ Pulled Carrot & Beans in a Bun (G,SO) ✓
  - Garden Peas & Carrots ✓
- Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) ✓
  - Raspberry Ripple Ice Cream (MK) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

#### Wednesday

- Roast Beef & Yorkshire Pudding (G,E,MK) with Roast Potatoes
- Sweet Potato & Chickpea Curry (MU) with Rice ✓
  - Seasonal Roasted Vegetables & Garden Peas ✓
- Wholemeal Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) ✓
  - Syrup Sponge (G,E,mk) with Custard (MK) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Chocolate Mousse (MK) ✓

#### Thursday

- Sausages (G,e,so,mk,mu,SU) with Mashed Potato (MK) & Onion Gravy
- Quorn & Sweetcorn Pie (G,E,MK) with Onion Gravy ✓
  - Green Beans & Cauliflower ✓
- Jacket Potato with Baked Beans & Grated Cheese (MK) ✓
- Bread & Butter Pudding (G,E,MK,se,SO) with Custard (MK) ✓
  - Fresh Fruit Platter, Fresh Yoghurt (MK,SO), Jelly ✓

#### Friday

- Fish Fingers (G,F) with Chips
- Vegetarian Burger (G,E,se) with Chips ✓
  - Baked Beans & Garden Peas ✓
- Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)
  - Shortbread Biscuit (G,mk) ✓
- Fresh Fruit Platter, Fresh Yoghurt (MK,SO) ✓

### 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.

✓ - SUITABLE FOR VEGETARIANS