

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

## 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	<b>Main Meals</b> Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce with Hand Cut Potato Wedges V  Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce V  Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese	<b>Vegetables</b> Carrots & Garden Peas V  <b>Dessert</b> Spiced Apple & Honey Oaty Crumble with Custard V  Homemade Mousse V
	<b>Main Meals</b> Slow Cooked Beef Masala Curry with Turmeric Infused Rice  Courgette Layered Lasagne with a Garlic Bread Shard V  Pasta with Cheese Sauce V	<b>Vegetables</b> Green Beans & Sweetcorn V  <b>Dessert</b> Jam Sponge with Custard V  Jelly V
	<b>Main Meals</b> Lemon & Thyme Roasted Chicken & Stuffing with Roast Potatoes  Roasted Cherry Tomato, Egg & Broccoli Tart with Roast Potatoes V  Wholemeal Pasta with Beef Bolognese Sauce	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Savoy Cabbage V  <b>Dessert</b> Chocolate & Pear Sponge with Chocolate Custard V  Homemade Mousse V
Tuesday	<b>Main Meals</b> British Cumberland Sausages with Mashed Potato, Sage & Red Onion Gravy in a Yorkshire Pudding  PB Butterbean & Mushroom Stroganoff with Pearl Barley Rice V  Jacket Potato with Baked Beans or Grated Cheese V	<b>Vegetables</b> BBQ Smoky Beans & Carrots V  <b>Dessert</b> Cinnamon & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V  Jelly V
	<b>Main Meals</b> Fish Fingers & Chips with Tartar Sauce  Cheddar & Onion Swirl with Chips V  Jacket Potato with Baked Beans or Grated Cheese V	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Vanilla Shortbread Biscuit V  Homemade Mousse V
Wednesday	<b>Main Meals</b> Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad  Chargrilled Spicy Fajitas with Mexican Rice V  Pasta with Beef Bolognese Sauce	<b>Vegetables</b> Green Beans & Kachumber Salad V  <b>Dessert</b> Carrot Cake with Custard V  Jelly V
	<b>Main Meals</b> Honey Roast Glazed Gammon & Sweet Pineapple Salsa with Roast Potatoes  PB Five Bean & Barley Cassoulet with Fresh Herb Dumplings V  Wholemeal Pasta with Tomato & Basil Sauce & Grated Cheese V	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Garden Peas V  <b>Dessert</b> Marbled Chocolate Sponge with Chocolate Custard V  Homemade Mousse V
Thursday	<b>Main Meals</b> Farm Assured Beef Lasagne with a Garlic Bread Shard  Mild Chilli Taco & Minted Yoghurt with Chunky Tomato Salsa Salad V  Jacket Potato with Baked Beans or Grated Cheese V	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V  Jelly V
	<b>Main Meals</b> Battered Cod & Chips with Tartar Sauce  Free Range Egg, Cheese & Vegetable Frittata with Chips V  Jacket Potato with Baked Beans, Grated Cheese or Salmon Mayonnaise	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Chocolate & Beetroot Brownie V  Homemade Mousse V
Friday	<b>Main Meals</b> Mediterranean Orzo Pasta & Barley Salad V  Crunchy Apple & Potato Salad V  Red Cabbage & Pineapple Slaw V  PB Spinach, Basil & Tomato Quinoa Salad V  Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	<b>Freshly Baked Bread</b> PB Pumpkin & Carrot V  Wholemeal V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Yoghurt V
	<b>Main Meals</b> Cheese & Tomato Pizza with Hand Cut Potato Wedges V  Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella V  Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese	<b>Vegetables</b> Boston Baked Beans & Sweetcorn V  <b>Dessert</b> Caramelised Apple & Plum Crumble with Custard V  Homemade Mousse V

Meat Free Monday	<b>Main Meals</b> Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad  Chargrilled Spicy Fajitas with Mexican Rice V  Pasta with Beef Bolognese Sauce	<b>Vegetables</b> Green Beans & Kachumber Salad V  <b>Dessert</b> Carrot Cake with Custard V  Jelly V
	<b>Main Meals</b> Honey Roast Glazed Gammon & Sweet Pineapple Salsa with Roast Potatoes  PB Five Bean & Barley Cassoulet with Fresh Herb Dumplings V  Wholemeal Pasta with Tomato & Basil Sauce & Grated Cheese V	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Garden Peas V  <b>Dessert</b> Marbled Chocolate Sponge with Chocolate Custard V  Homemade Mousse V
Tuesday	<b>Main Meals</b> British Cumberland Sausages with Mashed Potato, Sage & Red Onion Gravy in a Yorkshire Pudding  PB Butterbean & Mushroom Stroganoff with Pearl Barley Rice V  Jacket Potato with Baked Beans or Grated Cheese V	<b>Vegetables</b> BBQ Smoky Beans & Carrots V  <b>Dessert</b> Cinnamon & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V  Jelly V
	<b>Main Meals</b> Farm Assured Beef Lasagne with a Garlic Bread Shard  Mild Chilli Taco & Minted Yoghurt with Chunky Tomato Salsa Salad V  Jacket Potato with Baked Beans or Grated Cheese V	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V  Jelly V
Wednesday	<b>Main Meals</b> Mediterranean Orzo Pasta & Barley Salad V  Crunchy Apple & Potato Salad V  Red Cabbage & Pineapple Slaw V  PB Spinach, Basil & Tomato Quinoa Salad V  Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	<b>Freshly Baked Bread</b> PB Pumpkin & Carrot V  Wholemeal V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Yoghurt V
	<b>Main Meals</b> Cheese & Tomato Pizza with Hand Cut Potato Wedges V  Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella V  Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese	<b>Vegetables</b> Boston Baked Beans & Sweetcorn V  <b>Dessert</b> Caramelised Apple & Plum Crumble with Custard V  Homemade Mousse V
Thursday	<b>Main Meals</b> Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad  Chargrilled Spicy Fajitas with Mexican Rice V  Pasta with Beef Bolognese Sauce	<b>Vegetables</b> Green Beans & Kachumber Salad V  <b>Dessert</b> Carrot Cake with Custard V  Jelly V
	<b>Main Meals</b> Honey Roast Glazed Gammon & Sweet Pineapple Salsa with Roast Potatoes  PB Five Bean & Barley Cassoulet with Fresh Herb Dumplings V  Wholemeal Pasta with Tomato & Basil Sauce & Grated Cheese V	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Garden Peas V  <b>Dessert</b> Marbled Chocolate Sponge with Chocolate Custard V  Homemade Mousse V
Friday	<b>Main Meals</b> British Cumberland Sausages with Mashed Potato, Sage & Red Onion Gravy in a Yorkshire Pudding  PB Butterbean & Mushroom Stroganoff with Pearl Barley Rice V  Jacket Potato with Baked Beans or Grated Cheese V	<b>Vegetables</b> BBQ Smoky Beans & Carrots V  <b>Dessert</b> Cinnamon & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V  Jelly V
	<b>Main Meals</b> Farm Assured Beef Lasagne with a Garlic Bread Shard  Mild Chilli Taco & Minted Yoghurt with Chunky Tomato Salsa Salad V  Jacket Potato with Baked Beans or Grated Cheese V	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V  Jelly V

Meat Free Monday	<b>Main Meals</b> Vegetarian Bolognese Sauce with Herby Spaghetti V  Red Lentil & Cheese Loaf with a Rich Tomato Sauce & Hand Cut Potato Wedges V  Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese	<b>Vegetables</b> Broccoli & Carrots V  <b>Dessert</b> Poached Pear & Apple Crumble with Custard V  Jelly V
	<b>Main Meals</b> Chargrilled Spicy Chicken Fajitas with Mexican Rice  Linda McCartney Sausages with Mashed Potato & Caramelised Red Onion Gravy in a Yorkshire Pudding V  Pasta with Tomato & Basil Sauce & Grated Cheese V	<b>Vegetables</b> Mixed Peas & Sweetcorn V  <b>Dessert</b> Sticky Toffee Pudding with Custard V  Homemade Mousse V
Tuesday	<b>Main Meals</b> Classic Homemade British Beef Burger with Hand Cut Potato Wedges  PB Sweet & Spiced Potato & Chickpea Keralan Curry with Lemon Infused Rice V  Jacket Potato with Baked Beans or Grated Cheese V	<b>Vegetables</b> Carrots, Cauliflower & Green Beans V  <b>Dessert</b> Apple & Blackcurrant Shortcrust Pastry Pie with Vanilla Ice Cream V  Homemade Mousse V
	<b>Main Meals</b> Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad  Chargrilled Spicy Fajitas with Mexican Rice V  Pasta with Beef Bolognese Sauce	<b>Vegetables</b> Green Beans & Kachumber Salad V  <b>Dessert</b> Carrot Cake with Custard V  Jelly V
Wednesday	<b>Main Meals</b> Roast Turkey, Stuffing & Bread Sauce with Roast Potatoes  Rosemary, Feta & Pepper Quiche with Roast Potatoes V  Wholemeal Pasta with Cheese Sauce V	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Curly Kale V  <b>Dessert</b> Warm Waffle with Chocolate Custard V  Jelly V
	<b>Main Meals</b> Farm Assured Beef Lasagne with a Garlic Bread Shard  Mild Chilli Taco & Minted Yoghurt with Chunky Tomato Salsa Salad V  Jacket Potato with Baked Beans or Grated Cheese V	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V  Jelly V
Thursday	<b>Main Meals</b> Mediterranean Orzo Pasta & Barley Salad V  Crunchy Apple & Potato Salad V  Red Cabbage & Pineapple Slaw V  PB Spinach, Basil & Tomato Quinoa Salad V  Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	<b>Freshly Baked Bread</b> PB Pumpkin & Carrot V  Wholemeal V  <b>Dessert</b> Fresh Fruit Platter V  Homemade Yoghurt V
	<b>Main Meals</b> Cheese & Tomato Pizza with Hand Cut Potato Wedges V  Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella V  Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese	<b>Vegetables</b> Boston Baked Beans & Sweetcorn V  <b>Dessert</b> Caramelised Apple & Plum Crumble with Custard V  Homemade Mousse V
Friday	<b>Main Meals</b> Mild Chilli Beef Taco & Minted Yoghurt with Chunky Tomato Salsa Salad  Chargrilled Spicy Fajitas with Mexican Rice V  Pasta with Beef Bolognese Sauce	<b>Vegetables</b> Green Beans & Kachumber Salad V  <b>Dessert</b> Carrot Cake with Custard V  Jelly V
	<b>Main Meals</b> Honey Roast Glazed Gammon & Sweet Pineapple Salsa with Roast Potatoes  PB Five Bean & Barley Cassoulet with Fresh Herb Dumplings V  Wholemeal Pasta with Tomato & Basil Sauce & Grated Cheese V	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Garden Peas V  <b>Dessert</b> Marbled Chocolate Sponge with Chocolate Custard V  Homemade Mousse V

Week 1: 29 Oct, 19 Nov, 10 Dec, 31 Dec, 21 Jan, 11 Feb, 4 Mar, 25 Mar

Week 2: 5 Nov, 26 Nov, 17 Dec, 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr

Week 3: 12 Nov, 3 Dec, 24 Dec, 14 Jan, 4 Feb, 25 Feb, 18 Mar