

# 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	<b>Main Meals</b>	<b>Vegetables</b>
	Roasted Vegetable & Bean Hotpot <b>Ve</b>	Peas <b>Ve</b>
	Vegan Mince & Vegetable Pasta Bake <b>V</b>	<b>Dessert</b>
	Pasta with Cheese & Chive Sauce <b>V</b>	Apple & Cinnamon Sponge with Custard <b>V</b>
Tuesday	<b>Main Meals</b>	<b>Vegetables</b>
	Beef & Broccoli Stir Fry with Egg Noodles or Rice	Chinese Cabbage <b>Ve</b>
	Squash & Lentil Curry with Steamed Rice <b>Ve</b>	<b>Dessert</b>
	Jacket Potato with Cheese <b>V</b> or Salmon Mayonnaise	Strawberry Cheesecake <b>V</b>
Wednesday	<b>Main Meals</b>	<b>Vegetables</b>
	Roast Chicken Fillets with Roast Potatoes & Gravy	Green Cabbage & Carrots <b>Ve</b>
	Vegan Cornish Pasty with Roast Potatoes <b>Ve</b>	<b>Dessert</b>
	Pasta with Roasted Tomato & Pepper Sauce <b>Ve</b>	Chocolate Sponge & Chocolate Sauce <b>V</b>
Thursday	<b>Main Meals</b>	<b>Vegetables</b>
	Cumberland Sausage with Mash & Gravy	Green Beans & Cauliflower <b>Ve</b>
	Lentil & Layered Vegetable Baked Ratatouille <b>Ve</b>	<b>Dessert</b>
	Jacket Potato with Baked Beans <b>Ve</b> or Cheese <b>V</b>	Fruit Burst Jelly <b>V</b>
Friday	<b>Main Meals</b>	<b>Vegetables</b>
	Fish Finger Bap with Homemade Tartare Sauce & Side Salad	Baked Beans & Sweetcorn <b>Ve</b>
	Vegetarian Finger Bap with Homemade Ketchup & Side Salad <b>Ve</b>	<b>Dessert</b>
	Pasta with Creamy Mushroom Sauce <b>V</b>	Chocolate & Orange Cookie <b>V</b>
<b>Freshly Baked Bread:</b>		
Pumpkin & Carrot <b>V</b> Wholemeal <b>V</b>		
Week 1:		
12 <sup>th</sup> Apr, 3 <sup>rd</sup> May, 24 <sup>th</sup> May, 14 <sup>th</sup> Jun, 5 <sup>th</sup> Jul, 26 <sup>th</sup> Jul, 30 <sup>th</sup> Aug, 20 <sup>th</sup> Sep, 11 <sup>th</sup> Oct		

MF Monday	<b>Main Meals</b>	<b>Vegetables</b>
	Cauliflower Macaroni & Cheese with Homemade Garlic Bread <b>V</b>	Green Beans <b>Ve</b>
	Tofu Sweet & Sour Mixed Vegetables with Steamed Rice <b>Ve</b>	<b>Dessert</b>
	Jacket Potato with Baked Beans <b>Ve</b> or Cheese <b>V</b>	Coconut & Jam Sponge with Custard <b>V</b>
Tuesday	<b>Main Meals</b>	<b>Vegetables</b>
	Beef & Bean Chilli Con Carne served with Baked Potato	Sweetcorn <b>Ve</b>
	Vegan Chilli Con Carne served with Baked Potato <b>Ve</b>	<b>Dessert</b>
	Pasta with Spinach & Onion Sauce <b>V</b>	Berry Crumble Slice <b>Ve</b>
Wednesday	<b>Main Meals</b>	<b>Vegetables</b>
	Roast Pork with Roast Potatoes & Gravy	Roasted Butternut Squash & Kale <b>Ve</b>
	Courgette, Tomato & Feta Pasta Bake <b>V</b>	<b>Dessert</b>
	Jacket Potato with Baked Beans <b>Ve</b> or Cheese <b>V</b>	Orange & Poppy Seed Sponge <b>V</b>
Thursday	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken & Vegetable Curry with Steamed Rice	Carrots & Cauliflower <b>Ve</b>
	Lentil & Vegetable Lasagne with Garlic Bread <b>V</b>	<b>Dessert</b>
	Pasta with Tomato & Basil Sauce <b>Ve</b>	Cherry Cookie <b>Ve</b>
Friday	<b>Main Meals</b>	<b>Vegetables</b>
	Oven Baked Battered Fish with Baked Chips	Baked Beans & Garden Peas <b>Ve</b>
	Roasted Vegetable & Chick Pea Wrap <b>V</b>	<b>Dessert</b>
	Jacket Potato with Baked Beans <b>Ve</b> or Cheese <b>V</b>	Vanilla & Sultana Sponge with Custard <b>V</b>
<b>Freshly Baked Bread:</b>		
Courgette, Oat & Thyme <b>V</b> Wholemeal <b>V</b>		
Week 2:		
19 <sup>th</sup> Apr, 10 <sup>th</sup> May, 31 <sup>st</sup> May, 21 <sup>st</sup> Jun, 12 <sup>th</sup> Jul, 6 <sup>th</sup> Sep, 27 <sup>th</sup> Sep, 18 <sup>th</sup> Oct		

## 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.

MF Monday	<b>Main Meals</b>	<b>Vegetables</b>
	Chick Pea & Vegetable Curry with Rice <b>Ve</b>	Broccoli Florets <b>Ve</b>
	Homemade Vegan Burger with Baked Sweet Potato <b>Ve</b>	<b>Dessert</b>
	Pasta with Tomato & Vegetable Sauce <b>Ve</b>	Carrot & Apple Flapjack <b>V</b>
Tuesday	<b>Main Meals</b>	<b>Vegetables</b>
	Spaghetti Bolognese	Carrots & Peas <b>Ve</b>
	Carrot & Pea Risotto <b>Ve</b>	<b>Dessert</b>
	Jacket Potato with Baked Beans <b>Ve</b> Cheese <b>V</b> , or Bolognese	Lemon Drizzle Cake <b>V</b>
Wednesday	<b>Main Meals</b>	<b>Vegetables</b>
	Roast Turkey with Roast Potatoes & Gravy	Green Cabbage & Roast Carrots <b>Ve</b>
	Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy <b>Ve</b>	<b>Dessert</b>
	Wholewheat Pasta with Cheese & Leek Sauce <b>V</b>	Banana & Sultana Cake with Custard <b>V</b>
Thursday	<b>Main Meals</b>	<b>Vegetables</b>
	Creamy Chicken & Vegetables with Pasta	Sweetcorn <b>Ve</b>
	Margherita Pizza with Potato Salad <b>V</b>	<b>Dessert</b>
	Jacket Potato with Baked Beans <b>Ve</b> or Cheese <b>V</b>	Chilled Rice Pudding with Berry Compote <b>V</b>
Friday	<b>Main Meals</b>	<b>Vegetables</b>
	Fish Fingers with Oven Baked Chips	Baked Beans & Garden Peas <b>Ve</b>
	Vegetable & Lentil Croquette with Oven Baked Chips <b>Ve</b>	<b>Dessert</b>
	Pasta with Lentil & Bean Sauce <b>Ve</b>	Chocolate & Raisin Shortbread <b>Ve</b>
<b>Freshly Baked Bread:</b>		
Sunflower, Rosemary & Tomato <b>V</b> Wholemeal <b>V</b>		
Week 3:		
26 <sup>th</sup> Apr, 17 <sup>th</sup> May, 7 <sup>th</sup> Jun, 28 <sup>th</sup> Jun, 19 <sup>th</sup> Jul, 13 <sup>th</sup> Sep, 4 <sup>th</sup> Oct		

**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**

BM1Portersgrange

April 2021