

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

MF Monday	Main Meals	Margarita Pizza with Potato Salad V Sweet Potato & Vegetable Dhal with Rice Ve Jacket Potato with Baked Beans Ve or Cheese V	Vegetables	Sweetcorn & Green Beans Ve	Dessert	Cinnamon & Sultana Bread & Butter Pudding with Custard V
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Tuesday	Main Meals	Beef Burger in a Bun with Oven Baked Wedges Vegetarian Burger in a Bun V with Oven Baked wedges Ve Pasta with Tomato & Basil Sauce Ve	Vegetables	Peas Ve & Coleslaw V	Dessert	Marble Sponge with Custard V
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Wednesday	Main Meals	Roast Chicken Fillets in Tomato Sauce with Roast Potatoes Chick Pea & Cauliflower Bake with Roast Potatoes Ve Wholemeal Pasta with Cheese Sauce V	Vegetables	Carrots & Cabbage Ve	Dessert	Waffles with Berry Compote V
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Thursday	Main Meals	Sausages with Mashed Potato & Gravy Vegan Mince & Vegetable Pie topped with Mashed Potato Ve Jacket Potato with Tuna Mayonnaise or Cheese V	Vegetables	Broccoli & Sweetcorn Ve	Dessert	Carrot Cake V
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Friday	Main Meals	Oven Baked Fish Fingers with Oven Baked Chips Vegetable Fingers with Oven Baked Chips Ve Pasta with Tomato & Basil Sauce Ve	Vegetables	Baked Beans & Peas Ve	Dessert	Pear & Berry Crumble Ve with Custard V
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Freshly Baked Bread:
Pumpkin & Carrot V Wholemeal V

MF Monday	Main Meals	Mac n Cheese with Garlic Bread V Vegetable & Bean Stew Ve with Garlic Bread V Jacket Potato with Tuna Mayonnaise or Cheese V	Vegetables	Broccoli Florets & Carrots Ve	Dessert	Apple & Sultana Crumble Ve with Custard V
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Tuesday	Main Meals	Chicken Fajita with Rice Vegetable Fajita with Rice Ve Wholemeal Pasta with Cheese Sauce V	Vegetables	Green Beans & Sweetcorn Ve	Dessert	Sticky Toffee Pudding with Toffee Sauce V
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Wednesday	Main Meals	Honey Roast Gammon with Roast Potatoes & Gravy Sweet Chilli & Vegetable Stirfry Ve Noodles V Jacket Potato with Baked Beans Ve or Cheese V	Vegetables	Cauliflower & Peas Ve	Dessert	Orange & Lemon Drizzle Cake V
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Thursday	Main Meals	Sweet Potato Topped Cottage Pie Spinach, Courgette & Feta Filo Tart with Mashed Potato V Pasta with Tomato Sauce Ve	Vegetables	Carrots & Cabbage Ve	Dessert	Cherry Cookie Ve
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Friday	Main Meals	Battered Fish Fillets with Oven Baked Chips Vegan Bean Burrito with Oven Baked Chips Ve Jacket Potato with Baked Beans Ve or Cheese V	Vegetables	Baked Beans & Peas Ve	Dessert	Chocolate & Courgette Sponge with Chocolate Sauce V
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Freshly Baked Bread:
Courgette, Oat & Thyme V Wholemeal V

MF Monday	Main Meals	Quorn Sausages with Potato Wedges V Squash & Butterbean Curry Ve with Naan Bread V Pasta with Tomato & Basil Sauce Ve	Vegetables	Peas & Cauliflower Ve	Dessert	Coconut & Orange Cookie V
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Tuesday	Main Meals	Beef Chilli Con Carne with Rice Vegan Chilli Con Carne with Rice Ve Jacket Potato with Tuna Mayonnaise or Cheese V	Vegetables	Sweetcorn & Carrots Ve	Dessert	Banana Flapjack Ve
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Wednesday	Main Meals	Herby Roast Chicken Fillets with Roast Potatoes & Gravy Vegan Sausage Loaf with Roast Potatoes & Gravy Ve Wholemeal Pasta with Creamy Salmon or Cheese Sauce V	Vegetables	Green Cabbage & Roasted Root Vegetables Ve	Dessert	Maryland Sultana Cookie V
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Thursday	Main Meals	Turkey Vegetable Casserole with Pasta Roasted Ratatouille Pasta Bake V Jacket Potato with Baked Beans Ve or Cheese V	Vegetables	Green Beans & Carrots Ve	Dessert	Vanilla Shortbread Ve with Homemade Lemon Curd V
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Friday	Main Meals	Oven Baked Fish Fingers with Oven Baked Chips Spinach & Tomato Pastry Pocket with Oven Baked Chips V Pasta with Cheese Sauce V	Vegetables	Baked Beans & Peas Ve	Dessert	Chocolate & Beetroot Brownie V
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Freshly Baked Bread:
Sunflower, Rosemary & Tomato V Wholemeal V

Week 1:
1st Nov, 22nd Nov, 13th Dec, 3rd Jan, 24th Jan, 14th Feb, 7th Mar, 28th Mar

Week 2:
8th Nov, 29th Nov, 20th Dec, 10th Jan, 31st Jan, 21st Feb, 14th Mar, 4th Apr

Week 3:
15th Nov, 6th Dec, 27th Dec, 17th Jan, 7th Feb, 28th Feb, 21st Mar

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

Available Every Day
Fresh Fruit Platter Ve
Homemade Fruit Yoghurt 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.

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November 2021