

# 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

### Main Meals

Margarita Pizza (G,MK) with Potato Wedges **V**  
Sweet Potato & Vegetable Dhal (g) with Rice **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

### Vegetables

Sweetcorn & Green Beans **Ve**

### Dessert

Maryland Cookie (G,mk) **V**

Tuesday

### Main Meals

Beef Burger in a Bun (G,se) with Oven Baked Wedges  
Vegetarian Burger (G) in a Bun (G,se) with Oven Baked Wedges **Ve**  
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

### Vegetables

Peas **Ve** & Cauliflower **Ve**

### Dessert

Strawberry Cheesecake (G,MK) **V**

Wednesday

### Main Meals

Roast Chicken Fillets in Tomato Sauce with Roast Potatoes  
Chick Pea & Cauliflower Bake with Roast Potatoes **Ve**  
Wholemeal Pasta (G) with Cheese Sauce (G,MK) **V**

### Vegetables

Carrots & Cabbage **Ve**

### Dessert

Jam Sponge (G,MK) **V** with Custard (MK) **V**

Thursday

### Main Meals

Sausages (G,SU) with Mashed Potato & Gravy  
Vegan Sausage (G,C) with Mashed Potato & Gravy **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

### Vegetables

Broccoli & Sweetcorn **Ve**

### Dessert

Chocolate Shortbread (G) **Ve**

Friday

### Main Meals

Oven Baked Fish Fingers (G,F) with Oven Baked Chips  
Vegetable Fingers (G) with Oven Baked Chips **Ve**  
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

### Vegetables

Baked Beans & Peas **Ve**

### Dessert

Pear & Berry Crumble (G) **Ve** with Custard (MK) **V**

#### Week 1:

1<sup>st</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec, 3<sup>rd</sup> Jan, 24<sup>th</sup> Jan, 14<sup>th</sup> Feb, 7<sup>th</sup> Mar, 28<sup>th</sup> Mar

MF Monday

### Main Meals

Mac n Cheese (G,MK) **V**  
Vegetable & Bean Stew **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

### Vegetables

Broccoli Florets & Carrots **Ve**

### Dessert

Apple & Sultana Crumble (G) **Ve** with Custard (MK) **V**

Tuesday

### Main Meals

Chicken Fajita with Rice  
Vegetable Fajita (G,SO) with Rice **Ve**  
Wholemeal Pasta (G) with Cheese Sauce (G,MK) **V**

### Vegetables

Green Beans & Sweetcorn **Ve**

### Dessert

Spiced Carrot Sponge (G,MK) **V**

Wednesday

### Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
Sweet Chilli & Vegetable Stirfry with Rice (G,SO) **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

### Vegetables

Cauliflower & Peas **Ve**

### Dessert

Lemon Drizzle Sponge (G,MK) **V**

Thursday

### Main Meals

Sweet Potato Topped Cottage Pie  
Spinach, Courgette & Feta Filo Tart (G,MK) with Mashed Potato **V**  
Pasta (G) with Tomato Sauce (g) **Ve**

### Vegetables

Carrots & Cabbage **Ve**

### Dessert

Cherry Cookie (G,SU) **Ve**

Friday

### Main Meals

Battered Fish Fillets (G,F) with Oven Baked Chips  
Vegan Bean Burrito (G,SO) with Oven Baked Chips **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

### Vegetables

Baked Beans & Peas **Ve**

### Dessert

Chocolate & Courgette Sponge (G,MK) **V** with Custard (MK) **V**

#### Week 2:

8<sup>th</sup> Nov, 29<sup>th</sup> Nov, 20<sup>th</sup> Dec, 10<sup>th</sup> Jan, 31<sup>st</sup> Jan, 21<sup>st</sup> Feb, 14<sup>th</sup> Mar, 4<sup>th</sup> Apr

MF Monday

### Main Meals

Vegetarian Sausages (G,C) **Ve** with Potato Wedges **V**  
Squash & Butterbean Curry (SU) **Ve** with Naan Bread (G,MK) **V**  
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

### Vegetables

Peas & Cauliflower **Ve**

### Dessert

Coconut & Orange Cookie (G,SU,mk) **V**

Tuesday

### Main Meals

Traditional Beef Bolognese with Spaghetti (G)  
Vegan Bolognese (SO) with Spaghetti (G) **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

### Vegetables

Sweetcorn & Carrots **Ve**

### Dessert

Banana Flapjack (G) **Ve**

Wednesday

### Main Meals

Herby Roast Chicken Fillets with Roast Potatoes & Gravy  
Vegan Sausage Loaf (G,SO,se) with Roast Potatoes & Gravy **Ve**  
Wholemeal Pasta (G) with Creamy Salmon (G,F,MK) or Cheese Sauce (G,MK) **V**

### Vegetables

Green Cabbage & Roasted Root Vegetables **Ve**

### Dessert

Chocolate & Sultana Rice Krispie Cake **Ve**

Thursday

### Main Meals

Turkey Vegetable Casserole with Pasta (G)  
Roasted Ratatouille Pasta Bake (G,MK) **V**  
Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

### Vegetables

Green Beans & Carrots **Ve**

### Dessert

Vanilla Shortbread (G) **Ve**

Friday

### Main Meals

Oven Baked Fish Fingers (G,F) with Oven Baked Chips  
Spinach & Tomato Pastry Pocket (G,MK) with Oven Baked Chips **V**  
Pasta (G) with Cheese Sauce (G,MK) **V**

### Vegetables

Baked Beans & Peas **Ve**

### Dessert

Apple & Cinnamon Sponge (G) **Ve** with Custard (MK) **V**

#### Week 3:

15<sup>th</sup> Nov, 6<sup>th</sup> Dec, 27<sup>th</sup> Dec, 17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 28<sup>th</sup> Feb, 21<sup>st</sup> Mar

**V** - Suitable for vegetarians  
**Ve** - Suitable for vegans & vegetarians

Allergen Key - CAPITAL LETTERS = contains, lower case = may contain

Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM1PortersGrange

Available Every Day

Fresh Fruit Platter **Ve**

Homemade Fruit Yoghurt (SO,MK) **V**

November 2021

**pabulummm**  
HONESTLY GOOD FOOD

All products are subject to availability.