

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 Roasted Vegetable & Bean Hotpot Ve Sweetcorn & Courgette Fritter with Side Salad V Pasta with Cheese & Chive Sauce V	Vegetables Peas Ve Dessert Apple & Cinnamon Sponge with Custard V
	Main Meals Spaghetti Bolognaise Vegan Chilli Con Carne served with Baked Potato Ve Squash & Lentil Curry with Steamed Rice Ve Jacket Potato with Cheese V or Salmon Mayonnaise	Vegetables Chinese Cabbage Ve Dessert Strawberry Cheesecake V
	Main Meals Roast Chicken Fillets with Roast Potatoes & Gravy Vegan Cornish Pasty with Roast Potatoes Ve Pasta with Roasted Tomato & Pepper Sauce Ve	Vegetables Green Cabbage & Carrots Ve Dessert Chocolate Sponge & Chocolate Sauce V
Thursday	Main Meals Beef Burger in a Bun with Potato Salad Margherita Pizza with Potato Salad V Jacket Potato with Baked Beans Ve or Cheese V	Vegetables Green Beans & Cauliflower Ve Dessert Fruit Burst Jelly V
	Main Meals Fish Finger Bap with Homemade Tartare Sauce & Side Salad Vegetarian Finger Bap with Homemade Ketchup & Side Salad Ve Pasta with Creamy Mushroom Sauce V	Vegetables Baked Beans & Sweetcorn Ve Dessert Chocolate & Orange Cookie V
Freshly Baked Bread: Pumpkin V & Carrot V Wholemeal V		
Week 1: 12 th Apr, 3 rd May, 24 th May, 14 th Jun, 5 th Jul, 26 th Jul, 30 th Aug, 20 th Sep, 11 th Oct		

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

MF Monday	Main Meals Chick Pea & Vegetable Curry with Rice Ve Homemade Vegan Burger with Baked Sweet Potato Ve Pasta with Tomato & Vegetable Sauce Ve	Vegetables Broccoli Florets Ve Dessert Carrot & Apple Flapjack V
	Main Meals Beef & Broccoli Stir Fry with Egg Noodles or Rice Carrot & Pea Risotto Ve Jacket Potato with Baked Beans Ve Cheese V , or Bolognaise V	Vegetables Carrots & Peas Ve Dessert Lemon Drizzle Cake V
Wednesday	Main Meals Roast Chicken with Roast Potatoes & Gravy Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy Ve Wholewheat Pasta with Cheese & Leek Sauce V	Vegetables Green Cabbage & Roast Carrots Ve Dessert Banana & Sultana Cake with Custard V
	Main Meals Chicken Sausage with Mash & Gravy Lentil & Layered Vegetable Baked Ratatouille Ve Jacket Potato with Baked Beans Ve or Cheese V	Vegetables Sweetcorn Ve Dessert Chilled Rice Pudding with Berry Compote V
Friday	Main Meals Fish Fingers with Oven Baked Chips Vegetable & Lentil Croquette with Oven Baked Chips Ve Pasta with Lentil & Bean Sauce Ve	Vegetables Baked Beans & Garden Peas Ve Dessert Chocolate & Raisin Shortbread Ve
	Freshly Baked Bread: Sunflower, Rosemary & Tomato V Wholemeal V	
Week 3: 26 th Apr, 17 th May, 7 th Jun, 28 th Jun, 19 th Jul, 13 th Sep, 4 th 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**

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.

BM2 South Harringay

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