

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

Macaroni Cheese with Crispy Ciabatta & Herb Crumb (G,SO,MK,e) **V**

Roasted Squash & Basil Risotto **Ve**

Jacket Potato with choice of toppings **V**

Vegetables

Carrots & Green Beans **Ve**

Dessert

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

Tuesday

Main Meals

Chicken Tikka Masala (MU) with Rice

Chargrilled Vegetable Quesadilla (G,MU) with Rice **Ve**

Pasta (G) with a choice of toppings **V**

Vegetables

Lentil Dhal (g) & Broccoli **Ve**

Dessert

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

Wednesday

Main Meals

Roasted Chicken with Roasted Potatoes & Gravy

Spiced Moroccan Chickpea Curry with Lemon Couscous (G,SU,so) **Ve**

Jacket Potato with choice of toppings **V**

Vegetables

Green Cabbage & Carrots **Ve**

Dessert

Chocolate Orange Cheesecake (G,MK) **V**

Thursday

Main Meals

Beef Burger in a Bun (G,se)

Crispy Chickpea Burger in a Bun (G,MU,se) **Ve**

Pasta (G) with a choice of toppings **V**

Vegetables

Sweetcorn & Coleslaw (G,MU) **Ve**

Dessert

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

Friday

Main Meals

Battered Fish (G,F) with Homemade Tomato Ketchup (G) & Chips

Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla (G,MU) & Chips **Ve**

Jacket Potato with choice of toppings **V**

Vegetables

Baked Beans & Peas **Ve**

Dessert

Chocolate & Carrot Brownie (G,E) **V**

Freshly Baked Bread - Pumpkin & Carrot (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese (MK) **V**

Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) **Ve** or Cheddar Cheese (MK) **V**

Week 1: 31st Aug, 21st Sep, 12th Oct, 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar

MF Monday

Main Meals

Margherita Pizza (G,MK) **V**

Mexican 5 Bean & Vegetable Tostada with Pomegranate (G,MU) **Ve**

Jacket Potato with choice of toppings **V**

Vegetables

Coleslaw (G,MU) & Carrots **Ve**

Dessert

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

Tuesday

Main Meals

Classic Spaghetti (G) Beef Bolognese (g)

Sweet Potato Topped Vegetable Pie (g) **Ve**

Pasta (G) with a choice of toppings **V**

Vegetables

Peas & Cauliflower **Ve**

Dessert

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

Wednesday

Main Meals

Herby Chicken Breast with Roasted New Potatoes, Stuffing (G) & Gravy

Mediterranean Vegetable Tart (G) **Ve**

Jacket Potato with choice of toppings **V**

Vegetables

Carrots & Green Cabbage **Ve**

Dessert

Courgette & Orange Cake (G,E) **V**

Thursday

Main Meals

Chicken & Beef Sausages with Mashed Potatoes (MK) & Onion Gravy

Vegetarian Sausages (G,SO,C,SU) with Steamed New Potatoes **Ve**

Pasta (G) with a choice of toppings **V**

Vegetables

Roasted Seasonal Vegetables & Sweetcorn **Ve**

Dessert

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

Friday

Main Meals

Fish Fingers (G,F) with Homemade Tomato Ketchup (G) or Salmon Fishcake in a Bun (G,F,se) & Chips

Falafel & Carrot Wrap with Salsa (G,SU) & Chips **Ve**

Jacket Potato with choice of toppings **V**

Vegetables

Baked Beans & Peas **Ve**

Dessert

Banana Flapjack (G) **Ve**

Freshly Baked Bread - Courgette, Oat & Thyme (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese (MK) **V**

Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) **Ve** or Cheddar Cheese (MK) **V**

Week 2: 7th Sep, 28th Sep, 19th Oct, 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb, 15th Mar

MF Monday

Main Meals

Roasted Tomato & Vegetable Cheesy Pasta (G,MK) **V**

Jackfruit Katsu Curry with Rice **Ve**

Jacket Potato with choice of toppings **V**

Vegetables

Broccoli & Mixed Salad **Ve**

Dessert

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

Tuesday

Main Meals

Mild Jerk Chicken with Rice & Peas

Vegetarian Spicy Special Fried Rice (G,SO) **Ve**

Pasta (G) with a choice of toppings **V**

Vegetables

Sweetcorn **Ve**

Dessert

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

Wednesday

Main Meals

Roast Chicken served with Roasted Potatoes & Gravy

Tofu & Vegetable Noodle Stir Fry (SO) **Ve**

Jacket Potato with choice of toppings **V**

Vegetables

Cauliflower & Peas **Ve**

Dessert

Apple Pie Cinnamon Roll (G,SO,MK,e) **V**

Thursday

Main Meals

Chicken & Sweetcorn Meatballs in a Sweet & Sour sauce (G) with Noodles (G,E)

Pitta Pizza topped with Houmous & Roasted Vegetables (G,SU) **Ve**

Pasta (G) with a choice of toppings **V**

Vegetables

Green Beans **Ve**

Dessert

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

Friday

Main Meals

Battered Fish (G,F) with Homemade Tomato Ketchup (G) & Chips

Homemade Crispy Vegetable Nuggets (G,MU) with Chips **Ve**

Jacket Potato with choice of toppings **V**

Vegetables

Baked Beans & Peas **Ve**

Dessert

Lemon Drizzle Cake (G,E,SU) **V**

Freshly Baked Bread - Sunflower, Rosemary & Tomato (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese (MK) **V**

Pasta Toppings - Homemade Tomato & Vegetable Sauce (g) **Ve** or Cheddar Cheese (MK) **V**

Week 3: 14th Sep, 5th Oct, 26th Oct, 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb, 1st Mar, 22nd 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), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM2 South Haringay

Available Every Day

Fresh Fruit Platter **Ve**
Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

August 2020

pabulum
HONESTLY GOOD FOOD

All products are subject to availability.