

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 Fresh Fruit Platter Ve Fresh Natural Yoghurt with Fruit Puree V
	Main Meals Beef & Broccoli Stir Fry with Egg Noodles or Rice Squash & Lentil Curry with Steamed Rice Ve Jacket Potato with Cheese V , Salmon Mayonnaise or Salmon	Vegetables Chinese Cabbage Ve	Dessert Chocolate Brownie 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 Fresh Fruit Platter Ve Fresh Natural Yoghurt with Fruit Puree V
Thursday	Main Meals Turkey Lasagne Lentil & Vegetable Lasagne with Garlic Bread V Jacket Potato with Baked Beans Ve or Cheese V	Vegetables Green Beans 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 Fresh Fruit Platter Ve Fresh Natural Yoghurt with Fruit Puree V
	Freshly Baked Bread: Pumpkin & 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 Fresh Fruit Platter Ve Fresh Natural Yoghurt with Fruit Puree V
	Main Meals Beef Enchiladas Vegan Chilli Con Carne served with Baked Potato Ve Pasta with Spinach & Onion Sauce V	Vegetables Sweetcorn Ve	Dessert Lemon Drizzle Cake Ve
	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 Fresh Fruit Platter Ve Fresh Natural Yoghurt with Fruit Puree V
Thursday	Main Meals Beef Burger in a Bun with Potato Salad Potato Crust Cheese & Tomato Quiche V Pasta with Tomato & Basil Sauce Ve	Vegetables Carrots & Cauliflower Ve	Dessert Chocolate & Orange Cookie V
	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 Fresh Fruit Platter Ve Fresh Natural Yoghurt with Fruit Puree 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 Fresh Fruit Platter Ve Fresh Natural Yoghurt with Fruit Puree V
	Main Meals Spaghetti Bolognaise Carrot & Pea Risotto Ve Jacket Potato with Baked Beans Ve Cheese V , or Bolognaise	Vegetables Carrots & Peas Ve	Dessert Vanilla & Sultana Sponge with Custard V
	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 Fresh Fruit Platter Ve Fresh Natural Yoghurt with Fruit Puree V
Thursday	Main Meals Chicken & Beef Sausage with Mash & Gravy Margherita Pizza with Potato Salad V Jacket Potato with Baked Beans Ve or Cheese V	Vegetables Sweetcorn Ve	Dessert Orange & Poppy Seed Sponge Cake with Custard V
	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 Fresh Fruit Platter Ve Fresh Natural Yoghurt with Fruit Puree V
	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 Muswell Hill
April 2021
pabulummm
HONESTLY GOOD FOOD