

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

Main Meals

Macaroni Cheese with Crispy Ciabatta & Herb Crumb **V**
Roasted Squash & Basil Risotto **Ve**
Jacket Potato with choice of toppings **V**

Vegetables

Carrots & Green Beans **Ve**
Dessert
Fresh Fruit Salad **Ve**

Main Meals

Chicken Tikka Masala with Rice
Chargrilled Vegetable Quesadilla with Rice **Ve**
Pasta with a choice of toppings **V**

Vegetables

Lentil Dhal & Broccoli **Ve**
Dessert
Fruit Yoghurt (Peach) **V**

Main Meals

Roasted Chicken with Roasted Potatoes & Gravy
Spiced Moroccan Chickpea Curry with Lemon Couscous **Ve**
Jacket Potato with choice of toppings **V**

Vegetables

Green Cabbage & Carrots **Ve**
Dessert
Fresh Fruit Salad **Ve**

Main Meals

Beef Burger in a Bun
Crispy Chickpea Burger in a Bun **Ve**
Pasta with a choice of toppings **V**

Vegetables

Sweetcorn & Baked Beans **Ve**
Dessert
Fruit Yoghurt (Pineapple) **V**

Main Meals

Fish Fingers with Tomato Ketchup & Chips
Mexican Sweetcorn, Carrot & Courgette Fritter with Chargrilled Tortilla & Chips **Ve**
Jacket Potato with choice of toppings **V**

Vegetables

Baked Beans & Peas **Ve**
Dessert
Chocolate & Carrot Brownie **V**

Freshly Baked Bread - Pumpkin & Carrot **V** Wholemeal **V**

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

Pasta Toppings - Homemade Tomato & Vegetable Sauce **Ve** or Cheddar Cheese **V**

Week 1: 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar

Main Meals

Margherita Pizza **V**
Five Bean & Vegetable Wrap **Ve**
Pasta with a choice of toppings **V**

Vegetables

Jacket Wedges & Coleslaw **Ve**
Dessert
Fresh Fruit Salad **Ve**

Main Meals

Classic Spaghetti Beef Bolognese
Sweet Potato Topped Vegetable Pie **Ve**
Jacket Potato with choice of toppings **V**

Vegetables

Peas & Cauliflower **Ve**
Dessert
Fruit Yoghurt (Apple & Pear) **V**

Main Meals

Roasted Herby Chicken Breast with Roasted New Potatoes, Stuffing & Gravy
Mediterranean Vegetable Puff Pastry Tart **Ve**
Pasta with a choice of toppings **V**

Vegetables

Carrots & Green Cabbage **Ve**
Dessert
Fresh Fruit Salad **Ve**

Main Meals

Chicken & Beef Sausages with Mashed Potatoes & Onion Gravy
Vegetarian Sausages with Steamed New Potatoes **Ve**
Jacket Potato with choice of toppings **V**

Vegetables

Roasted Seasonal Vegetables & Sweetcorn **Ve**
Dessert
Fruit Yoghurt (Mixed Berry) **V**

Main Meals

Battered Fish with Tomato Ketchup & Chips
Falafel & Carrot Wrap with Salsa & Chips **Ve**
Pasta with a choice of toppings **V**

Vegetables

Baked Beans & Peas **Ve**
Dessert
Banana Flapjack **Ve**

Freshly Baked Bread - Courgette, Oat & Thyme **V** Wholemeal **V**

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

Pasta Toppings - Homemade Tomato & Vegetable Sauce **Ve** or Cheddar Cheese **V**

Week 2: 11th Jan, 1st Feb, 22nd Feb, 15th Mar

Main Meals

Roasted Tomato & Vegetable Cheesy Pasta **V**
Vegetable Curry with Rice **Ve**
Jacket Potato with choice of toppings **V**

Vegetables

Broccoli & Mixed Salad **Ve**
Dessert
Fresh Fruit Salad **Ve**

Main Meals

Cottage Pie
Tofu Vegetable Stir Fry with Rice **Ve**
Pasta with a choice of toppings **V**

Vegetables

Peas & Sweetcorn **Ve**
Dessert
Fruit Yoghurt (Peach) **V**

Main Meals

Roast Chicken served with Roasted Potatoes & Gravy
Vegetable Frittata **V**
Jacket Potato with choice of toppings **V**

Vegetables

Cauliflower & Peas **Ve**
Dessert
Fresh Fruit Salad **Ve**

Main Meals

Chicken Meatballs in a Sweet & Sour sauce with Noodles
Roasted Vegetable Filled Pitta Pocket **Ve**
Pasta with a choice of toppings **V**

Vegetables

Green Beans **Ve**
Dessert
Fruit Yoghurt (Pineapple) **V**

Main Meals

Fish Fingers with Tomato Ketchup & Chips
Homemade Crispy Vegetable Nuggets with Chips **Ve**
Jacket Potato with choice of toppings **V**

Vegetables

Baked Beans & Peas **Ve**
Dessert
Lemon Drizzle Cake **V**

Freshly Baked Bread - Sunflower, Rosemary & Tomato **V** Wholemeal **V**

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

Pasta Toppings - Homemade Tomato & Vegetable Sauce **Ve** or Cheddar Cheese **V**

Week 3: 18th Jan, 8th Feb, 1st Mar, 22nd Mar

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.

Muswell Hill BM2

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