

Let's see what's for lunch...

Main Meals
Macaroni Cheese with Crispy Ciabatta & Herb Crumb (G,SO,MK,e) V
Roasted Squash & Basil Risotto V
Jacket Potato with choice of toppings V

Vegetables
Carrots & Green Beans Ve
Dessert
Chocolate & Beetroot Sponge (G,E) V

Main Meals
Chicken Tikka Masala (MU) with Rice
Vegetarian Chili (MU) with Rice V
Pasta (G) with a choice of toppings V

Vegetables
Lentil Dhal (g) & Broccoli Ve
Dessert
Courgette & Orange Cake (G,E) V

Main Meals
Gammon with Orange & Herb Glaze served with Roasted Potatoes & Gravy
Roasted Moroccan Chickpea Curry with Rice Ve
Jacket Potato with choice of toppings V

Vegetables
Green Cabbage & Carrots Ve
Dessert
Ice Cream (MK) with Fruit V

Main Meals
Beef Burger in a Bun (G,se)
Crispy Chickpea Burger in a Bun (G,MK,se)
Pasta (G) with a choice of toppings V

Vegetables
Sweetcorn & Coleslaw (G,MU) Ve
Dessert
Apple & Oat Crumble (G) V

Main Meals
Fish Fingers (G,F) with Homemade Tomato Ketchup (G) & Chips
Vegetarian Sweetcorn, Carrot & Courgette Fritters with Charred 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, 13th Nov, 14th Dec, 4th Jan, 15th Jan, 1st Feb, 8th Mar, 29th Mar

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians
All products are subject to availability.

Main Meals
Margherita Pizza (G,MK) V
Vegetarian 5 Bean & Vegetable Tostada with Avocado Salsa (G,MU) V
Jacket Potato with choice of toppings V

Vegetables
Coleslaw (G,MU) & Carrots Ve
Dessert
Sticky Toffee Pudding (G,MK,E) V

Main Meals
Classic Spaghetti (G) Beef Bolognese (g)
Roasted Potato Topped Vegetable Tart (G,se)
Pasta (G) with a choice of toppings V

Vegetables
Peas & Cauliflower Ve
Dessert
Carrot & Ginger Sponge (G,E) V

Main Meals
Herby Chicken Breast with Roasted New Potatoes, Stuffing (G) & Gravy
Mediterranean Vegetable Tart (G,se)
Jacket Potato with choice of toppings V

Vegetables
Carrots & Green Cabbage Ve
Dessert
Chocolate Orange Cheesecake (G,MK) V

Main Meals
Cumberland Sausages (G,SU) 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
Peach Sponge Cake (G,E) V

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

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)

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
Roasted Tomato & Vegetable Cheesy Pasta (G,MK) V
Roasted Fruit Katsu Curry with Rice
Jacket Potato with choice of toppings V

Vegetables
Broccoli & Mixed Salad Ve
Dessert
Caramelised Pineapple Sponge (G,E) V

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

Main Meals
Roast Chicken served with Roasted Potatoes & Gravy
Pasta & Vegetable Noodle Stir Fry (SO) V
Jacket Potato with choice of toppings V

Vegetables
Cauliflower & Peas Ve
Dessert
Ice Cream (MK) with Fruit V

Main Meals
Beef Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e)
Vegetarian Pizza topped with Hummous & Roasted Vegetables (G,SU) Ve
Pasta (G) with a choice of toppings V

Vegetables
Green Beans Ve
Dessert
Chocolate Shortbread Biscuit (G) Ve

Main Meals
Fish Fingers (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

BMI StPaulinus
Available Every Day
Fresh Fruit Platter Ve
Fresh Natural Yoghurt (SO,MK) with Fruit Puree V