

MEAT FREE MONDAYS



**WEEK 1**

23/02, 14/03,  
20/04, 11/05,  
08/06, 29/06

**OPTION 1**

Cheese & Tomato  
Pizza with Potato  
Wedges

**TUESDAY**

Sweet'n Sour Chicken  
with Rice

**WEDNESDAY**

Roast Chicken with Roast  
Potatoes & Gravy

**THURSDAY**

Savoury Beef Mince  
with Mashed Potatoes

**FRIDAY**

GF Breaded Fish with  
Chips

**OPTION 2  
VEGETARIAN**

Sweet Potato &  
Chickpea Curry (Ve)

Tomato & Basil Pasta  
(Ve)

Sweet Potato &  
Cheddar Pasty with  
Roast Potatoes

Jacket Potato with  
Baked Beans or Cheese

Macaroni Cheese

**VEGETABLES**

Carrots  
Broccoli

Green Beans  
Cauliflower

Sweetcorn  
Cabbage

Carrots  
Sweetcorn

Peas  
Baked Beans

**DESSERT**

Chocolate Oaty Bake  
with Apple Slices (Ve)

Iced Jaffa Cake (Ve)

Fruit Sponge (Ve)

Shortbread (Ve)

Chocolate Brownie

**WEEK 2**

02/03, 23/03,  
27/04, 18/05,  
15/06, 04/07

**OPTION 1**

Cheese & Tomato  
Pizza with Potato  
Wedges

**TUESDAY**

Chicken Chilli with  
Rice

**WEDNESDAY**

Roast Chicken with  
Roast Potatoes & Gravy

**THURSDAY**

Spaghetti Bolognese

**FRIDAY**

Fish Fingers with Chips

**OPTION 2  
VEGETARIAN**

Vegetarian Bolognese  
with Spaghetti (Ve)

Cheesy Tomato Pasta  
Bake

Sweet Potato & Chickpea  
Pasty with Roast  
Potatoes

Cheese & Baked Bean  
Wrap

Vegan Sausage Roll  
with Chips (Ve)

**VEGETABLES**

Carrots  
Broccoli

Green Beans  
Cauliflower

Sweetcorn  
Cabbage

Carrots  
Sweetcorn

Peas  
Baked Beans

**DESSERT**

Apple Crumble Slice  
(Ve)

Chocolate Slice (Ve)

Fruit Sponge (Ve)

Chocolate Crackle  
Biscuits

Vanilla Sponge with  
Sprinkles

**WEEK 3**

09/03, 13/04,  
04/05, 01/06,  
13/07

**OPTION 1**

Cheese & Tomato  
Pizza with Potato  
Wedges

**TUESDAY**

Chilli Con Carne

**WEDNESDAY**

Roast Turkey with Roast  
Potatoes & Gravy

**THURSDAY**

Chicken Carbonara

**FRIDAY**

Fish Fingers or Salmon  
Fish Fingers with Chips

**OPTION 2  
VEGETARIAN**

Jacket Potato with  
Cheese or Baked Beans

Roasted Vegetable &  
Mixed Bean Pasta (Ve)

Roast Quorn with Roast  
Potatoes & Gravy

Curried Vegetables  
with Rice

Vegetable Goujons with  
Chips (Ve)

**VEGETABLES**

Carrots  
Broccoli

Green Beans  
Cauliflower

Sweetcorn  
Cabbage

Carrots  
Sweetcorn

Peas  
Baked Beans

**DESSERT**

Flapjack with Apple  
Slices (Ve)

Oaty Cookie

Fruit Sponge (Ve)

Shortbread (Ve)

Raspberry Sponge with  
Custard

SALAD BAR, FRESH FRUIT, YOGHURT AND HERBY'S BISCUIT AVAILABLE DAILY. WE ALWAYS MEET THE GOVERNMENT FOOD BASED STANDARD FOR SCHOOL LUNCHES. ALL OF OUR MEALS ARE FRESHLY PREPARED, ON SITE BY OUR TEAM TO ENSURE THERE ARE NO UNDESIRABLE ADDITIVES. MANY OF OUR DISHES CONTAIN HIDDEN VEGETABLES TO INCREASE VEGETABLE INTAKE. WE ARE CONTINUOUSLY WORKING TO REDUCE THE AMOUNT OF REFINED SUGAR IN OUR MENUS.

THIS MENU  
SUPPORTS:

