

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

Meat Free Monday

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

Meat Free Monday

Main Meals
Cheese & Tomato Pizza with Hand Cut Potato Wedges ✓
Pasta with Tomato & Basil Sauce or Cheese Sauce ✓

Vegetables
Garden Peas & Traditional Coleslaw ✓

Dessert
Chocolate & Pear Sponge with Chocolate Sauce ✓

Tuesday

Main Meals
Slow Cooked Beef Masala Curry with Yellow Rice or a Chapati Bread
Chickpea & Pineapple Raita Wrap ✓
Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
Sweetcorn & Roasted Cauliflower ✓

Dessert
Ice Cream ✓

Wednesday

Main Meals
Lemon & Thyme Infused Roasted British Chicken & Roast Potatoes with Traditional Gravy
Lentil, Tomato & Potato Balti ✓
Wholemeal Pasta with Vegetarian Bolognese Sauce ✓

Vegetables
Roasted Seasonal Root Vegetables & Cabbage ✓

Dessert
Apple & Honey Oaty Crumble with Custard ✓

Thursday

Main Meals
British Cumberland Sausages with Mashed Potato in a Yorkshire Pudding & Red Onion Gravy
Vegetarian Yorkshire Pudding Cottage Pie with Red Onion Gravy ✓
Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
Carrots & Green Beans ✓

Dessert
Pineapple Upside Down Sponge with Custard ✓

Friday

Main Meals
Fish Fingers & Chips
Pasta with Tomato & Basil Sauce ✓

Vegetables
Baked Beans & Garden Peas ✓

Dessert
Shortbread Biscuit ✓

Freshly Baked Bread - Pumpkin & Carrot ✓ Wholemeal ✓
Everyday Dessert - Fresh Fruit Platter ✓

Week 1: 9th Mar, 30th Mar

Meat Free Monday

Main Meals
Vegetarian Lasagne with Hand Cut Potato Wedges ✓
Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
Garden Peas & Sweetcorn ✓

Dessert
Ice Cream ✓

Tuesday

Main Meals
British Chicken & Vegetable Pie with Mashed Potato & Gravy
Sweet & Spiced Potato & Chickpea Curry with Lemon Infused Rice ✓
Pasta with Vegetarian Bolognese Sauce ✓

Vegetables
Carrots & Broccoli ✓

Dessert
Apple & Cinnamon Crumble with Custard ✓

Wednesday

Main Meals
Honey Glazed Slow Roasted Gammon & Rosemary Roast Potatoes with Traditional Gravy
Spinach, Feta & Tomato Quiche with Rosemary Roast Potatoes ✓
Wholemeal Pasta with Tomato & Basil Sauce ✓

Vegetables
Roasted Seasonal Root Vegetables & Garden Peas ✓

Dessert
Waffle with Chocolate Sauce ✓

Thursday

Main Meals
Farm Assured British Beef Lasagne with a Garlic Bread Shard
Chilli Non Carne & Mexican Rice with a Taco Sail ✓
Jacket Potato with Cheddar Cheese or Salmon Mayonnaise

Vegetables
Green Beans & Sweetcorn ✓

Dessert
Jam Sponge with Custard ✓

Friday

Main Meals
Battered Fish & Chips
Pasta with Vegetarian Bolognese Sauce ✓

Vegetables
Baked Beans & Garden Peas ✓

Dessert
Chocolate & Beetroot Brownie ✓

Freshly Baked Bread - Courgette, Oat & Thyme ✓ Wholemeal ✓
Everyday Dessert - Fresh Fruit Platter ✓

Week 2: 16th Mar

Meat Free Monday

Main Meals
Vegetarian Sausages with Mashed Potato & Red Onion Gravy ✓
Pasta with Tomato & Basil Sauce or Cheese Sauce ✓

Vegetables
Carrots & Garden Peas ✓

Dessert
Marbled Sponge with Custard ✓

Tuesday

Main Meals
Chilli Con Carne & Mexican Rice with a Taco Sail
Baked Sweet Potato & Spinach Pasta in a Mozzarella Cheese Sauce ✓
Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
Cauliflower & Green Beans ✓

Dessert
Ice Cream ✓

Wednesday

Main Meals
British Roast Chicken, Sage & Onion Stuffing & Roast Potatoes with Traditional Gravy
Five Bean Enchilada Casserole with Roast Potatoes ✓
Wholemeal Pasta with Vegetarian Bolognese Sauce ✓

Vegetables
Roasted Seasonal Root Vegetables & Broccoli ✓

Dessert
Poached Apple & Pear Crumble with Custard ✓

Thursday

Main Meals
British Beef Burger in a Bun with Homemade Tomato Relish & Hand Cut Potato Wedges
Vegetarian Burger in a Bun with Homemade Tomato Relish & Hand Cut Potato Wedges ✓
Jacket Potato with Cheddar Cheese or Tuna Mayonnaise

Vegetables
Sweetcorn & BBQ Coleslaw ✓

Dessert
Carrot Cake with Custard ✓

Friday

Main Meals
Fish Fingers & Chips
Pasta with Tomato & Basil Sauce ✓

Vegetables
Baked Beans & Garden Peas ✓

Dessert
Baked Banana Flapjack ✓

Freshly Baked Bread - Sunflower, Rosemary & Tomato ✓ Wholemeal ✓
Everyday Dessert - Fresh Fruit Platter ✓

Week 3: 2nd Mar, 23rd Mar

✓ - Suitable for vegetarians

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.

All products are subject to availability.

BM1 Tenterden

November 2019