

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

Main Meals

Monday
Chicken & Vegetable Paella
Sweetcorn & Courgette Fritter (G,E) with Side Salad **V**
Pasta (G) with Cheese & Chive Sauce (G,MK) **V**

Vegetables

Peas **Ve**
Dessert
Apple & Cinnamon Sponge (G,E) with Custard (MK) **V**

Main Meals

Tuesday
Spaghetti (G) Bolognaise
Squash & Lentil Curry (MU,g) with Steamed Rice **Ve**
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables

Chinese Cabbage **Ve**
Dessert
Strawberry Cheesecake (G,MK,so,e) **V**

Main Meals

Wednesday
Roast Chicken Fillets with Roast Potatoes & Gravy
Vegan Cornish Pasty (G,SO) with Roast Potatoes **Ve**
Pasta (G) with Roasted Tomato & Pepper Sauce **Ve**

Vegetables

Green Cabbage & Carrots **Ve**
Dessert
Chocolate Sponge (G,E) & Chocolate Sauce (MK) **V**

Main Meals

Thursday
Cumberland Sausage (G,SU) with Mash (MK) & Gravy
Potato Crust Cheese & Tomato Quiche (MK,E) with Side Salad **V**
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables

Green Beans & Cauliflower **Ve**
Dessert
Fruit Burst Jelly **V**

Main Meals

Friday
Fish Finger (G,F) Bap (G,se) with Homemade Tartare Sauce (G,E,SU) & Side Salad
Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup (G) & Side Salad **Ve**
Pasta (G) with Creamy Mushroom Sauce (G,MK) **V**

Vegetables

Baked Beans & Sweetcorn **Ve**
Dessert
Chocolate & Orange Cookie (G,mk) **V**

Freshly Baked Bread:

Pumpkin & Carrot (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Week 1:

12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

Main Meals

Monday
Cheesy Leek & Bacon Pasta Bake with a Herby Crust (G,MK)
Tofu Sweet & Sour Mixed Vegetables (G,SO) with Steamed Rice **Ve**
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables

Green Beans **Ve**
Dessert
Coconut & Jam Sponge (G,E,SU) with Custard (MK) **V**

Main Meals

Tuesday
Beef & Bean Chilli Con Carne (g) served with Baked Potato
Vegan Chilli Con Carne (SO) served with Baked Potato **Ve**
Pasta (G) with Spinach & Onion Sauce (G,MK) **V**

Vegetables

Sweetcorn **Ve**
Dessert
Berry Crumble Slice (G) **Ve**

Main Meals

Wednesday
Roast Pork with Roast Potatoes & Gravy
Potato & Leek Frittata (MK,E) **V**
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables

Roasted Butternut Squash & Kale **Ve**
Dessert
Orange & Poppy Seed Sponge (G,E) **V**

Main Meals

Thursday
Beef Burger in a Bun (G,se) with Potato Salad (E)
Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) **V**
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables

Carrots & Cauliflower **Ve**
Dessert
Cherry Cookie (G,SU) **Ve**

Main Meals

Friday
Oven Baked Battered Fish (G,F) with Baked Chips
Roasted Vegetable & Chick Pea Wrap (G,MK) **V**
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables

Baked Beans & Garden Peas **Ve**
Dessert
Vanilla & Sultana Sponge (G,E) with Custard (MK) **V**

Freshly Baked Bread:

Courgette, Oat & Thyme (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Week 2:

19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

Main Meals

Monday
Chicken & Vegetable Biryani (MU,g) with a Lentil Dhal (g)
Homemade Vegan Burger (G,se) with Baked Sweet Potato **Ve**
Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

Vegetables

Broccoli Florets **Ve**
Dessert
Carrot & Apple Flapjack (G) **V**

Main Meals

Tuesday
Beef Lasagne (G,MK,e)
Carrot & Pea Risotto **Ve**
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables

Carrots & Peas **Ve**
Dessert
Lemon Drizzle Cake (G,E,SU) **V**

Main Meals

Wednesday
Roast Turkey with Roast Potatoes & Gravy
Lentil & Bean Vegan Loaf (G,SO,se) with Roast Potatoes & Gravy **Ve**
Wholewheat Pasta (G) with Cheese & Leek Sauce (G,MK) **V**

Vegetables

Green Cabbage & Roast Carrots **Ve**
Dessert
Banana & Sultana Cake (G,E) with Custard (MK) **V**

Main Meals

Thursday
Creamy Chicken & Vegetables (G,MK) with Pasta (G)
Margherita Pizza (G,MK) with Potato Salad (E) **V**
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables

Sweetcorn **Ve**
Dessert
Chilled Rice Pudding with Berry Compote (MK) **V**

Main Meals

Friday
Fish Fingers (G,F) with Oven Baked Chips
Vegetable & Lentil Croquette (G,SO,se) with Oven Baked Chips **Ve**
Pasta (G) with Lentil & Bean Sauce (g) **Ve**

Vegetables

Baked Beans & Garden Peas **Ve**
Dessert
Chocolate & Raisin Shortbread (G) **Ve**

Freshly Baked Bread:

Sunflower, Rosemary & Tomato (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Week 3:

26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians

All products are subject to availability.

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)

BM1 Bethersden

Available Every Day

Fresh Fruit Platter **Ve**
Fresh Natural Yoghurt (SO,MK) with Fruit Puree **V**

April 2021

pabulum
HONESTLY GOOD FOOD