

# MADE FRESH EVERY DAY

## 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](http://www.schoolfoodplan.com)

### WEEK 1:

4<sup>th</sup> SEP, 25<sup>th</sup> SEP, 16<sup>th</sup> OCT

Meat Free

#### Monday

- Pasta Bolognese ✓
- Cheese & Tomato Pizza with Potato Wedges ✓
- Sweetcorn & Carrots ✓
- Jacket Potato with Bolognese Sauce or Grated Cheese ✓
- Berry & Apple Crumble or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

#### Tuesday

- Chilli Con Carne with Rice
- Vegetable Bean Chilli with Rice ✓
- Mixed Leaf Salad & Garden Peas ✓
- Pasta with Tomato & Basil Sauce & Grated Cheese ✓
- Vanilla Shortbread, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

#### Wednesday

- Roast Chicken & Stuffing with Roast Potatoes
- Vegetable Loaf with Roast Potatoes ✓
- Seasonal Vegetables ✓
- Pasta with Tomato Sauce & Grated Cheese ✓
- Strawberry Jelly, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

#### Thursday

- Sausages & Mashed Potato with Onion Gravy
- Vegetable Sausages & Mashed Potato with Onion Gravy ✓
- Carrots & Sweetcorn ✓
- Jacket Potato with Baked Beans or Grated Cheese ✓
- Chocolate Cake or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

#### Friday

-  Fish Fingers with Chips
- Cheese & Onion Slice with Chips ✓
- Baked Beans & Garden Peas ✓
- Jacket Potato with Tuna Mayonnaise or Grated Cheese
- Banana Flapjack, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

### WEEK 2:

11<sup>th</sup> SEP, 2<sup>nd</sup> OCT, 23<sup>rd</sup> OCT

Meat Free

#### Monday

- Macaroni Cheese ✓
- Italian Bean Wrap ✓
- Sweetcorn & Carrots ✓
- Jacket Potato with Baked Beans or Grated Cheese ✓
- Strawberry Crumb Cake or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

#### Tuesday

- Chicken Curry with Rice
- Curried Potato & Chickpeas with Rice ✓
- Mixed Leaf Salad & Garden Peas ✓
- Pasta with Tomato & Basil Sauce & Grated Cheese ✓
- Oaty Cookie, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

#### Wednesday

- Roast Pork, Apple Sauce & Stuffing with Roast Potatoes
- Vegetable Casserole Topped with Sliced Potatoes ✓
- Seasonal Vegetables ✓
- Pasta with Tomato Sauce & Grated Cheese ✓
- Raspberry Ripple Ice Cream, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

#### Thursday

- "Red Tractor" Chicken Burger in a Bun with Potato Wedges
- Vegetable Burger in a Bun with Potato Wedges ✓
- Carrots & Sweetcorn ✓
- Jacket Potato with Baked Beans or Grated Cheese ✓
- Chocolate & Orange Cake or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

#### Friday

-  Fish Fingers with Chips
- Cheese & Vegetable Frittata with Chips ✓
- Baked Beans & Garden Peas ✓
- Jacket Potato with Tuna or Salmon Mayonnaise or Grated Cheese
- Apple Flapjack, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

### WEEK 3:

18<sup>th</sup> SEP, 9<sup>th</sup> OCT, 30<sup>th</sup> OCT

Meat Free

#### Monday

- Oven Baked Lasagne ✓
- Vegetable Sausage Pizza with Potato Wedges ✓
- Sweetcorn & Carrots ✓
- Jacket Potato with Bolognese Sauce or Grated Cheese ✓
- Apple Crumble or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

#### Tuesday

- Sweet & Sour Pork with Rice
- Sweet & Sour Vegetables with Rice ✓
- Mixed Leaf Salad & Garden Peas ✓
- Pasta with Tomato & Basil Sauce & Grated Cheese ✓
- Vanilla Shortbread, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

#### Wednesday

- Roast Chicken & Stuffing with Roast Potatoes
- Vegetable & Cheese Bake ✓
- Seasonal Vegetables ✓
- Pasta with Tomato Sauce & Grated Cheese ✓
- Strawberry Jelly, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

#### Thursday

- Meatballs with Mashed Potato
- Roasted Vegetables with Mashed Potato ✓
- Carrots & Sweetcorn ✓
- Jacket Potato with Baked Beans or Grated Cheese ✓
- Chocolate Cake or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

#### Friday

-  Fish Fingers with Chips
- Cheese & Houmous Quesadillas with Chips ✓
- Baked Beans & Garden Peas ✓
- Jacket Potato with Tuna Mayonnaise or Grated Cheese
- Vanilla Flapjack, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

If your child has a specific dietary requirement please contact us at [parents@pabulum-catering.co.uk](mailto:parents@pabulum-catering.co.uk) or for further details about Pabulum please visit our website: [www.pabulum-catering.co.uk](http://www.pabulum-catering.co.uk)

✓ - Suitable for vegetarians

**pabulum**mm  
HONESTLY GOOD FOOD