

Autumn Meat Free Monday Menu Week One

Millfield Primary School

Week One Dates 16/09/19 – 07/10/19

Menu Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cheese & Red Onion Pasty	Barbecue Chicken Sub	Beef Burger in a Bun & Homemade Wedges	Roast Turkey with Yorkshire Pudding	MSC Fish Fingers & Chips
Vegetarian Main Meal	Veggie Burger in a Bun & Homemade Wedges	Cheesy Wholemeal Margherita Pizza	Tomato, Vegetable Sausage & Macaroni Bake	Quorn Roast with Yorkshire Pudding	Vegetable Nuggets & Chips
Vegetable Selection	Sweetcorn & Carrot Sticks	Broccoli	Carrots & Mixed Vegetables	Cauliflower & Peas	Peas & Baked Beans
Pick 'n' Mix Filled Bread Option	Cheese	Tuna	Egg	Ham	Chicken Mayonnaise
Jacket Potato & Pasta Option	Pasta with Tomato or Cheese Sauce	Pasta with Tomato or Cheese Sauce	Freshly Baked Jacket Potato with Tuna Mayonnaise Grated Cheese Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise Grated Cheese Baked Beans	Pasta with Tomato or Cheese Sauce
Available daily – a variety of salads, yoghurts and freshly baked bread					
Fresh Fruit	Apple Wedges, Grapes & Whole Fruit	Sliced Oranges, Pineapple Chunks & Whole Fruit	Honeydew Melon Wedges, Grapes & Whole Fruit	Apple Slices, Pineapple Wedges & Whole fruit	Sliced Oranges, Grapes & Whole Fruit
Dessert	Lemon & Courgette Cake Slice with Custard	Chocolate Crispy with Sultanas	Jam Sponge with Custard	Iced Toffee Yoghurt with Fruit Slices	Ginger Biscuit with Orange Slices



Meat Free Monday Menu

Week Three

Millfield Primary School

Week Three Dates 09/09/19 – 30/09/19 – 21/10/19

Menu Week 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Quorn Meatballs in Tomato Sauce with Pasta	The Great British Breakfast (sausage, bacon, hash brown & beans)	Pasta Bolognese with Garlic Bread	Roast Chicken with Yorkshire Pudding	MSC Fish Fingers & Chips
Vegetarian Main Meal	Cheesy Wholemeal Pizza Slice	Mac 'n' Cheese	British Cheddar Cheese Quiche	Chickpea and Lentil Roast with Yorkshire Pudding	Vegetable Curry with Wholegrain Rice
Vegetable Selection	Garden Peas	Carrots & Sweetcorn	Cauliflower & Green Beans	Spring Cabbage & Mixed Vegetables	Peas & Baked Beans
Pick 'n' Mix Filled Bread Option	Cheese	Tuna	Egg	Ham	Chicken Mayonnaise
Jacket Potato & Pasta Option	Freshly Baked Jacket Potato with Tuna Mayonnaise Grated Cheese Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise Grated Cheese Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise Grated Cheese Baked Beans	Pasta with Tomato or Cheese Sauce	Freshly Baked Jacket Potato with Salmon Mayonnaise Grated Cheese Baked Beans
Available daily – a variety of salads, yoghurts and freshly baked bread					
Fresh Fruit	Apple Wedges, Grapes & Whole Fruit	Sliced Oranges, Pineapple Chunks & Whole Fruit	Honeydew Melon Wedges, Grapes & Whole Fruit	Apple Slices, Pineapple Wedges & Whole fruit	Sliced Oranges, Grapes & Whole Fruit
Dessert	Sticky Toffee Pudding with Custard	Chocolate Crunch & Custard	Iced Carrot Cake	Oaty Biscuit with Fresh Fruit	Jelly & Fruit with Ice Cream



Meat Free Monday Menu

Week Three

Millfield Primary School

Week Three Dates 09/09/19 – 30/09/19 – 21/10/19

Menu Week 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Quorn Meatballs in Tomato Sauce with Pasta	The Great British Breakfast (sausage, bacon, hash brown & beans)	Pasta Bolognese with Garlic Bread	Roast Chicken with Yorkshire Pudding	MSC Fish Fingers & Chips
Vegetarian Main Meal	Cheesy Wholemeal Pizza Slice	Mac 'n' Cheese	British Cheddar Cheese Quiche	Chickpea and Lentil Roast with Yorkshire Pudding	Vegetable Curry with Wholegrain Rice
Vegetable Selection	Garden Peas	Carrots & Sweetcorn	Cauliflower & Green Beans	Spring Cabbage & Mixed Vegetables	Peas & Baked Beans
Pick 'n' Mix Filled Bread Option	Cheese	Tuna	Egg	Ham	Chicken Mayonnaise
Jacket Potato & Pasta Option	Freshly Baked Jacket Potato with Tuna Mayonnaise Grated Cheese Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise Grated Cheese Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise Grated Cheese Baked Beans	Pasta with Tomato or Cheese Sauce	Freshly Baked Jacket Potato with Salmon Mayonnaise Grated Cheese Baked Beans
Available daily – a variety of salads, yoghurts and freshly baked bread					
Fresh Fruit	Apple Wedges, Grapes & Whole Fruit	Sliced Oranges, Pineapple Chunks & Whole Fruit	Honeydew Melon Wedges, Grapes & Whole Fruit	Apple Slices, Pineapple Wedges & Whole fruit	Sliced Oranges, Grapes & Whole Fruit
Dessert	Sticky Toffee Pudding with Custard	Chocolate Crunch & Custard	Iced Carrot Cake	Oaty Biscuit with Fresh Fruit	Jelly & Fruit with Ice Cream

