BRINDISHE MANOR						
SUMMER 2022 MEAT FREE MONDAYS  Soil Association						
WEEK 1 18/04, 09/05, 06/06, 27/06, 18/07	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	
Option 1	Cheese and Tomato Pizza served with Potato Wedges	Organic Beef Lasagne	Sausage Plait served with New Potatoes	Sticky Hoisin Chicken served with Noodles	Gluten Free Breaded Fish served with Chips	
Option 2 V Vegetarian	Rainbow Pizza served with Potato Wedges	Vegetable Lasagne	Vegetarian Sausage served with Apple Sauce and New Potatoes (Ve)	Chinese Vegetable Noodles with Edamame Beans	Vegetable Nuggets served with Chips (Ve)	
Option 3	Three Bean Pasta (Ve)	Build your own Bap or Baguette. Choose from Cheese, Tuna Mayonnaise, Egg Mayonnaise or Roasted Vegetables and Hummus (Ve)	Tomato and Basil Pasta (Ve)	Build your own Bap or Baguette. Choose from Cheese, Tuna Mayonnaise, Egg Mayonnaise or Roasted Vegetables and Hummus (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	
Vegetables	Sweetcorn Broccoli	Medley of Vegetables	Carrots Cabbage	Cauliflower Green Beans	Baked Beans Garden Peas	
Dessert	Fruit Slushy (Ve)	Summer Fruits Sponge	Fruit Salad (Ve)	Chocolate Shortbread Finger (Ve)	Chocolate Slice	M
WEEK 2 25/04, 16/05,	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	
13/06, 04/07 Option 1	Crunchy Topped Macaroni Cheese	BBQ Chicken Burger with Herby Diced Potatoes	Roast Turkey served with Roast Potatoes, Stuffing and Gravy	Organic Beef Chilli Con Carne served with Steamed Rice	Fish Fingers or Salmon Fish Fingers served with Chips	
Option 2 V	Sweet Potato, Spinach and Lentil Curry served with Steamed Rice (Ve)	Falafel Burger with Mango Chutney and Herby Diced Potatoes	Potato and Spinach Fritatta served with Roast Potatoes	Veggie Chilli served with Steamed Rice (Ve)	Cheese and Tomato Wheel served with Chips	3
Option 3	Roasted Vegetable Pasta (Ve)	Build your own Bap or Baguette. Choose from Cheese, Tuna Mayonnaise, Egg Mayonnaise or Roasted Vegetables and Hummus (Ve)	Neapolitan Pasta (Ve)	Build your own Bap or Baguette. Choose from Cheese, Tuna Mayonnaise, Egg Mayonnaise or Roasted Vegetables and Hummus (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	A Property of the Control of the Con
Vegetables	Green Beans Carrots	Broccoli Sweetcorn	Garden Peas Cabbage	Carrots Sweetcorn	Baked Beans Garden Peas	
Dessert	Fruit Slushy (Ve)	Apple Crunch (Ve)	Sugar Free Vanilla Cookie	Toffee and Banana Sponge	Strawberry Ice Cream	B
WEEK ) 02/05, 23/05,	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Y
20/06, 11/07 Option 1	Tomato and Mascarpone Pasta	Cajun Chicken Pizza served with Potato Wedges	Chicken Sausage served with Mashed New Potatoes and Gravy	Minced Organic Beef and Pasta Bake with a Cheesy Topping	Gluten Free Breaded Fish served with Chips	10
Option 2 v Vegetarian	Spicy Vegetable Rice (Ve)	Cheese and Tomato Pizza served with Potato Wedges	Vegetarian Sausage (Ve) served with Mashed New Potatoes and Gravy	Veggie Mince and Pasta Bake with a Cheesy Topping	Vegetable Nuggets served with Chips (Ve)	MI
Option 3	Pesto Pasta (Ve)	Build your own Bap or Baguette. Choose from Cheese, Tuna Mayonnaise, Egg Mayonnaise or Roasted Vegetables and Hummus (Ve)	Macaroni Cheese	Build your own Bap or Baguette. Choose from Cheese, Tuna Mayonnaise, Egg Mayonnaise or Roasted Vegetables and Hummus (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	SUGAR
Vegetables	Cauliflower Garden Peas	Carrots Sweetcorn	Garden Peas Cabbage	Medley of Vegetables	Baked Beans Garden Peas	
Dessert	Fruit Slushy (Ve)	Orange Jelly with Mandarins (Ve)	Fruit Salad (Ve)	Flapjack (Ve)	Ice Lolly (Ve)	
radi	Sh FRESH	ILY BAKED BREAD, SALA ALWAYS MEET THE GOVERNMENT FOOD	D BAR, YOGHURT AND FRE D based standard for school lunche	ESH FRUIT ARE AVAILABLE S. All of our meals are freshly pr	THIS MENU SUPPORTS:	CERTIFIED SUSTAINABLE SEAFOOD MSC





