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

Week 1

Monday

Main Meals
Ham & Pineapple Pizza (G,SO,MK,e) with Baked Jacket Wedges
Margherita Pizza (G,SO,MK,e) V with Baked Jacket Wedges
Jacket Potato with Baked Beans Ve

Sandwiches
Chicken Mayonnaise Baguette (G,E,so)
Cheese Salad Wrap (G,MK) V

Vegetables
Sweetcorn Ve

Dessert
Chocolate Rice Krispie Cake (G) V

Tuesday

Main Meals
Beef Bolognaise (C) with Spaghetti (G)
Vegan Bolognaise (SO,g) with Spaghetti (G) Ve
Jacket Potato with Cheese (MK) V

Sandwiches
Ham Sandwich (G,SO)
Cheese & Tomato Bloomer (G,MK) V

Vegetables
Peas Ve

Dessert
Carrot Cake (G,E) V

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy
Macaroni & Cheese (G,MK) V
Jacket Potato with Salmon Mayonnaise (E,F)

Sandwiches
Tuna Sweetcorn Baguette (G,E,F,so)
Cheese Sandwich (G,SO,MK) V

Vegetables
Seasonal Greens Ve

Dessert
Vanilla Ice Cream (MK) V

Thursday

Main Meals
Chicken Fajita Wrap (G)
Vegetable & Bean Burrito (G,SO) Ve
Pasta (G) with Roasted Tomato & Basil Sauce Ve

Sandwiches
Tuna Mayo Sandwich (G,E,F,SO)
Cheese Salad Wrap (G,MK) V

Vegetables
Steamed Carrots Ve

Dessert
Maryland Cookie (G,mk) V

Friday

Main Meals
Breaded Fish Fingers (G,F)
Vegetable & Bean Chimichangas (G,MK,C) V
Pasta (G) with Cheese Sauce (G,MK) V

Sandwiches
Ham Sandwich (G,SO)
Egg Mayo Baguette (G,E,so) V

Vegetables
Chips & Baked Beans Ve

Dessert
Chocolate Sponge (G,E) V

Freshly Baked Bread: Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 1:
20th February, 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 28th August, 18th September, 9th October

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.

Available Every Day:
Fresh Fruit Ve, Yoghurt (SO,MK) V or Jelly Ve

Week 2

Monday

Main Meals
Beef Burger in a Bun (G,se) with Baked Jacket Wedges
Vegetable Burger in a Bun (G,se) Ve with Baked Jacket Wedges
Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve

Sandwiches
Cheese Sandwich (G,SO,MK) V
Ham Salad Wrap (G)

Vegetables
Carrot Sticks Ve

Dessert
Lemon Drizzle Sponge (G,E) V

Tuesday

Main Meals
Beef Lasagne (G,MK,e)
Vegetable Fajita Wrap (G,SO) Ve
Jacket Potato with Cheese (MK) V

Sandwiches
Egg Mayonnaise Sandwich (G,E,SO) V
Cheese Salad Wrap (G,MK) V

Vegetables
Sweetcorn Ve

Dessert
Flapjack (G) Ve

Wednesday

Main Meals
Honey Roast Gammon with Roast Potatoes & Gravy
Ratatouille Pasta Bake (G) Ve
Jacket Potato with Baked Beans Ve

Sandwiches
Cheese & Tomato Bloomer (G,MK) V
Ham Sandwich (G,SO)

Vegetables
Pan Fried Leeks Ve

Dessert
Orange Shortbread Biscuit (G) Ve

Thursday

Main Meals
Chicken Tikka Masala (MU) & Rice
Vegetable Pasanda (MU) with Rice Ve
Pasta (G) with Tomato & Vegetable Sauce (g) Ve

Sandwiches
Cheese Sandwich (G,SO,MK) V
Chicken Mayonnaise Baguette (G,E,so)

Vegetables
Broccoli Ve

Dessert
Apple Crumble (G) Ve with Custard (MK) V

Friday

Main Meals
Breaded Fish Fingers (G,F)
Spiced Squash & Spinach Samosa (G) Ve
Pasta (G) with Cheese Sauce (G,MK) V

Sandwiches
Egg Mayonnaise Sandwich (G,E,SO) V
Ham Salad Baguette (G,SO)

Vegetables
Chips & Baked Beans Ve

Dessert
Apple Cake (G,E) V

Freshly Baked Bread:
Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 2:
27th February, 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July, 4th September, 25th September, 16th October

Made Fresh Every Day
All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

Week 3

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

Monday

Main Meals
Cumberland Sausages (G,SU) with Mashed Potato & Gravy
Vegan Sausages (G) with Mashed Potato & Gravy Ve
Pasta (G) with Cheese Sauce (G,MK) V

Sandwiches
Ham Salad Wrap (G)
Cheese & Tomato Bloomer (G,MK) V

Vegetables
Peas Ve

Dessert
Apple & Carrot Flapjack (G) Ve

Tuesday

Main Meals
Beef Chilli (C,g) with Steamed Rice
Vegetable Chilli (SO,C,g) with Steamed Rice Ve
Jacket Potato with Cheese (MK) V

Sandwiches
Tuna Sweetcorn Baguette (G,E,F,so)
Cheese Sandwich (G,SO,MK) V

Vegetables
Steamed Carrots Ve

Dessert
Chocolate & Beetroot Brownie (G,E) V

Wednesday

Main Meals
Sticky Glazed Chicken
Margherita Pizza (G,SO,MK,e) V
Pasta (G) with Tomato & Basil Sauce (g) Ve

Sandwiches
Tuna Mayonnaise Sandwich (G,E,F,SO)
Cheese Salad Wrap (G,MK) V

Vegetables
Spicy Potato Wedges Ve
& Coleslaw (E) V

Dessert
Cherry Cornflake Cake (G,SU) V

Thursday

Main Meals
Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)
Vegetable Pasta Bake (G,MK,C) V
Jacket Potato with Baked Beans Ve

Sandwiches
Chicken Mayonnaise Baguette (G,E,so)
Ham Sandwich (G,SO)

Vegetables
Pan Fried Leeks Ve

Dessert
Vanilla Ice Cream (MK) V

Friday

Main Meals
Breaded Fish Fingers (G,F)
Vegetable & Bean Stuffed Pitta Pocket (G) Ve
Pasta (G) with Tomato & Lentil Sauce (C,g) Ve

Sandwiches
Ham Salad Bloomer (G)
Cheese Sandwich (G,SO,MK) V

Vegetables
Chips & Baked Beans Ve

Dessert
Chocolate Brownie (G,E) V

Freshly Baked Bread:
Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 3:
6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July, 11th September, 2nd October

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), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM1 Hamstel
June 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD