

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

Week 1

Monday

## Main Meals

Beef Bolognese with Spaghetti (G)  
Vegan Bolognese (SO,g) with Spaghetti (G)  
Baked Jackets with Grated Cheese (MK)

## Served with

Peas & Broccoli

## Sandwiches

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

## Dessert

Maryland Cookie (G,mk)

Tuesday

## Main Meals

Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges  
Margherita Pizza (G,SO,MK,e) with Baked Wedges  
Pasta (G) & Tomato Sauce

## Served with

Carrots & Sweetcorn

## Sandwiches

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

## Dessert

Apple Crumble (G) with Custard (MK)

Wednesday

## Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Squash & Lentil Lasagne (G,MK,e)  
Baked Jackets with Baked Beans

## Served with

Seasonal Greens & Cauliflower

## Sandwiches

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

## Dessert

Cherry Cornflake Cake (G,SU)

Thursday

## Main Meals

Chilli Con Carne with Steamed Rice  
Vegan Bean Chilli (SO) with Steamed Rice  
Pasta (G) & Tomato Sauce

## Served with

Broccoli & Carrots

## Sandwiches

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

## Dessert

Chocolate & Pear Sponge (G,E)

Friday

## Main Meals

Breaded Fish Fingers (G,F) with Chips & Ketchup  
Vegan Goujons with Chips & Ketchup  
Baked Jackets with Grated Cheese (MK)

## Served with

Peas & Baked Beans

## Sandwiches

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

## Dessert

Banana Flapjack (G)

### Freshly Baked Bread:

Carrot & Beetroot (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 27th May, 17th June, 8th July, 2nd Sept, 23rd Sept, 14th Oct, 4th Nov, 25th Nov, 16th Dec

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

### 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.

Week 2

Monday

## Main Meals

Pork Sausage (G,SU) with Mashed Potato & Gravy  
Vegan Sausage (SO) with Mashed Potato & Gravy  
Pasta (G) & Tomato Sauce

## Served with

Sweetcorn & Baked Beans

## Sandwiches

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

## Dessert

Chocolate Rice Krispie Cake (G)

Tuesday

## Main Meals

Chicken & Sweetcorn Pasta (G,MK)  
Vegan Tomato & Mixed Bean Sauce with Fusilli (G)  
Baked Jackets with Grated Cheese (MK)

## Served with

Carrots & Broccoli

## Sandwiches

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

## Dessert

Mandarin Jelly

Wednesday

## Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)  
Wholewheat Pasta (G) & Tomato Sauce

## Served with

Seasonal Greens & Peas

## Sandwiches

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

## Dessert

Vanilla Ice Cream (MK)

Thursday

## Main Meals

Beef Keema with Turmeric Rice  
Vegan Layered Vegetable & Sweet Potato Bake  
Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)

## Served with

Carrots & Sweetcorn

## Sandwiches

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

## Dessert

Apple Flapjack (G)

Friday

## Main Meals

Breaded Fish Fingers (G,F) with Chips & Ketchup  
Vegan Fajita Wrap (G) with Chips & Ketchup  
Pasta (G) & Tomato Sauce

## Served with

Peas & Baked Beans

## Sandwiches

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

## Dessert

Lemon Drizzle Sponge (G,E)

### Freshly Baked Bread:

Garlic & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2: 3rd June, 24th June, 15th July, 9th Sept, 30th Sept, 21st Oct, 11th Nov, 2nd Dec

Week 3

Monday

## Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)  
Vegan Roasted Ratatouille with Penne (G)  
Baked Jackets with Grated Cheese (MK)

## Served with

Carrots & Broccoli

## Sandwiches

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

## Dessert

Orange Shortbread Biscuit (G)

Tuesday

## Main Meals

Fajita Spiced Turkey & Vegetables with Steamed Rice  
Vegan Burrito (G,SO)  
Pasta (G) & Tomato Sauce

## Served with

Sweetcorn & Coleslaw (E)

## Sandwiches

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

## Dessert

Carrot Cake (G,E)

Wednesday

## Main Meals

Herby Roast Chicken with Roast Potatoes & Gravy  
3 Vegetable Mac n' Cheese (G,MK)  
Baked Jackets with Baked Beans

## Served with

Seasonal Greens & Broccoli

## Sandwiches

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

## Dessert

Chocolate Brownie (G,E)

Thursday

## Main Meals

Traditional Beef Lasagne (G,MK,e)  
Vegan Chickpea & Spinach Korma with Steamed Rice  
Pasta (G) & Tomato Sauce

## Served with

Cauliflower & Carrots

## Sandwiches

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

## Dessert

Vanilla Ice Cream (MK)

Friday

## Main Meals

Breaded Fish Fingers (G,F) with Chips & Ketchup  
Vegan Bubble & Squeak with Chips & Ketchup  
Baked Jackets with Grated Cheese (MK)

## Served with

Peas & Baked Beans

## Sandwiches

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

## Dessert

Apple Cake (G,E)

### Freshly Baked Bread:

Courgette & Tomato (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3: 10th June, 1st July, 22nd July, 16th Sept, 7th Oct, 28th Oct, 18th Nov, 9th Dec

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  
May 2024

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

