

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

Week 1

Monday	Main Meals	3 Vegetable Mac n' Cheese (G,MK)	Served With	Peas & Broccoli
		Baked Jackets with Grated Cheese (MK)	Dessert	Maryland Cookie (G,mk)
Tuesday	Main Meals	Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges	Served With	Carrots & Sweetcorn
		Margherita Pizza (G,SO,MK,e) with Baked Wedges	Dessert	Apple Crumble (G) with Custard (MK)
		Pasta (G) & Tomato Sauce		
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Served With	Seasonal Greens & Cauliflower
		Baked Jackets with Baked Beans	Dessert	Cherry Cornflake Cake (G,SU)
Thursday	Main Meals	Beef Bolognese with Spaghetti (G)	Served With	Broccoli & Carrots
		Vegan Bolognese (SO,g) with Spaghetti (G)	Dessert	Chocolate & Pear Sponge (G,E)
		Baked Jackets with Grated Cheese (MK)		
Friday	Main Meals	Breaded Fish Fingers (G,F) with Chips & Ketchup	Served With	Peas & Baked Beans
		Vegan Goujons with Chips & Ketchup	Dessert	Banana Flapjack (G)
		Pasta (G) & Tomato Sauce		

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

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, Yoghurt (SO,MK) or Jelly

Week 2

Monday	Main Meals	Margherita Pizza (G,SO,MK,e) with Baked Wedges	Served With	Sweetcorn & Baked Beans
		Pasta (G) & Tomato Sauce	Dessert	Chocolate Rice Krispie Cake (G)
Tuesday	Main Meals	Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)	Served With	Carrots & Broccoli
		Vegan Tomato & Mixed Bean Sauce with Fusilli (G)	Dessert	Mandarin Jelly
		Baked Jackets with Grated Cheese (MK)		
Wednesday	Main Meals	Honey Roast Gammon with Roast Potatoes & Gravy	Served With	Seasonal Greens & Peas
		Wholewheat Pasta (G) & Tomato Sauce	Dessert	Vanilla Ice Cream (MK)
Thursday	Main Meals	Macaroni & Cheese Bolognese Bake (G,MK,C)	Served With	Carrots & Sweetcorn
		Vegetable Quiche (G,MK,E)	Dessert	Apple & Carrot Flapjack (G)
		Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)		
Friday	Main Meals	Breaded Fish Fingers (G,F) with Chips & Ketchup	Served With	Peas & Baked Beans
		Vegan Goujons with Chips & Ketchup	Dessert	Lemon Drizzle Sponge (G,E)
		Pasta (G) & Tomato Sauce		

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	Vegan Vegetable Paella	Served With	Carrots & Broccoli
		Vegan Roasted Ratatouille with Penne (G)	Dessert	Orange Shortbread Biscuit (G)
		Baked Jackets with Grated Cheese (MK)		
Tuesday	Main Meals	Pork Sausage (G,SU) with Mashed Potato & Gravy	Served With	Cauliflower & Carrots
		Vegan Sausage (SO) with Mashed Potato & Gravy	Dessert	Carrot Cake (G,E)
		Pasta (G) & Tomato Sauce		
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Served With	Seasonal Greens & Broccoli
		Baked Jackets with Baked Beans	Dessert	Chocolate & Beetroot Brownie (G,E)
Thursday	Main Meals	Traditional Beef Lasagne (G,MK,e)	Served With	Sweetcorn & Coleslaw (E)
		Vegan Layered Vegetable & Sweet Potato Bake	Dessert	Vanilla Ice Cream (MK)
		Baked Jackets with Grated Cheese (MK)		
Friday	Main Meals	Breaded Fish Fingers (G,F) with Chips & Ketchup	Served With	Peas & Baked Beans
		Vegan Goujons with Chips & Ketchup	Dessert	Apple & Parsnip Cake (G,E)
		Pasta (G) & Tomato Sauce		

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 MFMBeaulieuPark
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All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

