

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

Monday

Main Meals
Sausage (G,SU) & Mash with Onion Gravy
Vegetarian Sausage (G,C) & Mash **Ve**
Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables
Sweetcorn & Peas **Ve**
Dessert
Vanilla Ice Cream (MK) with Fruit Compote **V**

Tuesday

Main Meals
Mild Chicken & Vegetable Curry (MU) with Steamed Rice
Thai Vegetable Green Curry (C) with Steamed Rice **Ve**
Jacket Potato with Baked Beans **Ve**

Vegetables
Cauliflower & Green Beans **Ve**
Dessert
Fruit Burst Jelly **Ve**

Wednesday

Main Meals
Honey Roast Gammon with Roast Potatoes & Gravy
Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables
Seasonal Greens & Carrots **Ve**
Dessert
Apple & Oaty Topped Crumble (G) **Ve** with Custard (MK) **V**

Thursday

Main Meals
Beef Burger in a Bun (G,se)
Homemade Vegan Burger (g) in a Bun (G,se) **Ve**
Jacket Potato with Cheese (MK) **V**

Vegetables
Broccoli & Sweetcorn **Ve**
Dessert
Chocolate & Beetroot Brownie (G,E) **V**

Friday

Main Meals
Fish Fingers (G,F) with Oven Baked Chips
Vegetable Burrito Wrap (G,SO) **Ve**
Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables
Peas & Baked Beans **Ve**
Dessert
Maryland Cookie (G,mk) **V**

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

Week 1:
29th August, 19th September, 10th October, 31st October, 21st November, 12th December, 2nd January, 23rd January, 13th February

Monday

Main Meals
BBQ Chicken Pizza (G,MK)
Margherita Pizza (G,MK) **V**
Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables
Sweetcorn **Ve** & Coleslaw (E) **V**
Dessert
Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) **V**

Tuesday

Main Meals
Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)
Sweet & Sour Vegetables (G,C) with Steamed Rice **Ve**
Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables
Cauliflower & Peas **Ve**
Dessert
Oat & Cherry Cookie (G,SU) **Ve**

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy
Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy **V**
Jacket Potato with Baked Beans **Ve**

Vegetables
Seasonal Greens & Carrots **Ve**
Dessert
Banana Flapjack (G) **Ve**

Thursday

Main Meals
Beef & Vegetable Ragu (C) with Penne (G)
Vegan Chilli Con Carne (SO,C,g) with Rice **Ve**
Jacket Potato with Baked Beans **Ve**

Vegetables
Broccoli & Sweetcorn **Ve**
Dessert
Apple & Parsnip Sponge (G,E) **V**

Friday

Main Meals
Battered Fish (G,F) with Oven Baked Chips
Vegetable Goujon with Oven Baked Chips **Ve**

Vegetables
Baked Beans & Peas **Ve**
Dessert
Vanilla Ice Cream (MK) with Peach Compote **V**

Freshly Baked Bread:
Carrot & Thyme Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 2:
5th September, 26th September, 17th October, 7th November, 28th November, 19th December, 9th January, 30th January, 20th February

Monday

Main Meals
Macaroni & Cheese (G,MK) **V**
Jacket Potato with Baked Beans **Ve**

Vegetables
Peas & Carrots **Ve**
Dessert
Sticky Banana Bread (G,SO,MK,e) **V**

Tuesday

Main Meals
Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)
Vegetable Jambalaya (g) **Ve**
Jacket Potato with Tuna Mayonnaise (F,E)

Vegetables
Cauliflower & Broccoli **Ve**
Dessert
Chocolate Shortbread (G) **Ve**

Wednesday

Main Meals
Roast Chicken Breast with Roast Potatoes & Gravy
Roasted Ratatouille with Crumble (G) **Ve**
Wholegrain Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables
Seasonal Greens & Mashed Swede **Ve**
Dessert
Mandarin Jelly **Ve**

Thursday

Main Meals
Beef Bolognese (C) with Spaghetti (G)
Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**
Jacket Potato with Baked Beans **Ve**

Vegetables
Sweetcorn **Ve** & Coleslaw (E) **V**
Dessert
Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) **V**

Friday

Main Meals
Fish Fingers (G,F) with Oven Baked Chips
BBQ Vegetable Quesadilla (G,MK) **V**
Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables
Baked Beans & Peas **Ve**
Dessert
Chocolate Mousse (MK) **V**

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

Week 3:
12th September, 3rd October, 24th October, 14th November, 5th December, 26th December, 16th January, 6th February, 27th February

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

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)

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.

BM1 Oak Farm
Available Every Day
Fresh Fruit Platter **Ve**
Homemade Fruit Yoghurt (SO,MK) **V**

September 2022

pabulummm
HONESTLY GOOD FOOD

All products are subject to availability.