

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) with Baked Jacket Wedges **V**

Jacket Potato with Baked Beans **Ve**

Vegetables

Sweetcorn **Ve**

Dessert

Chocolate Rice Krispie Cake (G) **V**

Tuesday

Main Meals

Beef Bolognese (C) with Spaghetti (G)

Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**

Jacket Potato with Cheese (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 Baked Beans **Ve** or Salmon Mayonnaise (E,F)

Vegetables

Seasonal Greens **Ve**

Dessert

Vanilla Ice Cream (MK) **V**

Thursday

Main Meals

Chicken Tikka Masala (MU) & Rice

Vegetable Pasanda (MU) with Rice **Ve**

Pasta (G) with Roasted Tomato & Basil Sauce **Ve**

Vegetables

Steamed Carrots **Ve**

Dessert

Maryland Cookie

Friday

Main Meals

Breaded Fish Fingers (G,F)

Vegetable & Bean Chimichangas (G,MK,C) **V**

Pasta (G) with Tomato & Lentil Sauce (C,g) **Ve**

Vegetables

Chips & Baked Beans **Ve**

Dessert

Chocolate & Courgette 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) with Baked Jacket Wedges **Ve**

Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) **Ve**

Vegetables

Carrot Sticks **Ve**

Dessert

Lemon Drizzle Sponge (G,E) **V**

Tuesday

Main Meals

Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G)

Sweet Potato & Chickpea Curry (C) with Yellow Rice **Ve**

Jacket Potato with Cheese (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**

Vegetables

Pan Fried Leeks **Ve**

Dessert

Orange Shortbread Biscuit (G) **Ve**

Thursday

Main Meals

Creamy Chicken (G,MK) with Fusilli Pasta (G)

Vegetable & Bean Burrito (G,SO) **Ve**

Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

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**

Vegetables

Chips & Baked Beans **Ve**

Dessert

Apple & Parsnip Cake

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

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**

Vegetables

Peas **Ve**

Dessert

Apple & Carrot Flapjack (G) **Ve**

Tuesday

Main Meals

Beef Biryani (MU,g)

Vegetable Biryani (MU,g) **Ve**

Jacket Potato with Cheese (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**

Vegetables

Spicy Potato Wedges **Ve** & Coleslaw (E) **V**

Dessert

Cherry Cornflake Cake (G,SU) **V**

Thursday

Main Meals

Chicken & Vegetable Chow Mein (G,E,SO,C)

Vegetable Pasta Bake (G,MK,C) **V**

Jacket Potato with Baked Beans **Ve**

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**

Vegetables

Chips & Baked Beans **Ve**

Dessert

Chocolate Shortbread Biscuit (G) **Ve**

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 Oak Farm
February 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD