

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

Monday

## Main Meals

Sausage (G,SU) & Mash with Onion Gravy  
 Tex Mex Vegetarian Sausage Hot Pot (G,E,MK) V  
 Pasta (G) with Cheese Sauce (G,MK) V

## Vegetables

Sweetcorn & Peas Ve

## Dessert

Waffles (G,E,SO,mk) with Berry 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

Orange Shortbread (G) Ve

Wednesday

## Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
 BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy Ve  
 Wholegrain 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 Bolognese (C) with Spaghetti (G)  
 Vegan Bolognese (SO,g) with Spaghetti (G) 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 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:

29<sup>th</sup> August, 19<sup>th</sup> September, 10<sup>th</sup> October, 31<sup>st</sup> October, 21<sup>st</sup> November, 12<sup>th</sup> December, 2<sup>nd</sup> January, 23<sup>rd</sup> January, 13<sup>th</sup> February

Monday

## Main Meals

BBQ Chicken Pizza (G,MK)  
 Margherita Pizza (G,MK) V  
 Jacket Potato with Tuna Mayonnaise (F,E)

## 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)  
 Vegetable Jambalaya (g) Ve  
 Wholegrain 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  
 Pasta (G) with Cheese Sauce (G,MK) V

## Vegetables

Seasonal Greens & Carrots Ve

## Dessert

Banana Flapjack (G) Ve

Thursday

## Main Meals

Beef Lasagne (G,MK,e)  
 Vegetable Lasagne (G,MK,e) V  
 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 Chips  
 Vegetable Goujon with Chips Ve  
 Pasta (G) with Roasted Tomato Sauce Ve

## Vegetables

Baked Beans & Peas Ve

## Dessert

Vanilla Shortbread (G) Ve

### Freshly Baked Bread:

Carrot & Thyme Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

### Week 2:

5<sup>th</sup> September, 26<sup>th</sup> September, 17<sup>th</sup> October, 7<sup>th</sup> November, 28<sup>th</sup> November, 19<sup>th</sup> December, 9<sup>th</sup> January, 30<sup>th</sup> January, 20<sup>th</sup> February

Monday

## Main Meals

Cottage Pie topped with Sliced Sweet Potato (SU)  
 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

Sweet & Sour Chicken (G,C) with Steamed Rice  
 Sweet & Sour Vegetables (G,C) with Steamed Rice Ve  
 Jacket Potato with Salmon Mayonnaise (F,E)

## Vegetables

Cauliflower & Broccoli Ve

## Dessert

Chocolate Shortbread (G) Ve

Wednesday

## Main Meals

Thyme Roast Chicken 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

Vanilla Sponge (G,E) V

Thursday

## Main Meals

Beef Burger in a Bun (G,se)  
 Homemade Vegan Burger (g) in a Bun (G,se) 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 Chips  
 BBQ Vegetable Quesadilla (G,MK) V  
 Pasta (G) with Tomato Sauce (C) Ve

## Vegetables

Baked Beans & Peas Ve

## Dessert

Coconut & Orange Cookie (G,SU,mk) V

### Freshly Baked Bread:

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

### Week 3:

12<sup>th</sup> September, 3<sup>rd</sup> October, 24<sup>th</sup> October, 14<sup>th</sup> November, 5<sup>th</sup> December, 26<sup>th</sup> December, 16<sup>th</sup> January, 6<sup>th</sup> February, 27<sup>th</sup> 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 Sherwood Park  
**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.