

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

Week 1

Monday	<b>Main Meals</b>	Ham & Pineapple Pizza (G,SO,MK,e)	<b>Vegetables</b>	Sweetcorn <b>Ve</b>
		Margherita Pizza (G,SO,MK,e) <b>V</b>	<b>Dessert</b>	Chocolate Rice Krispie Cake (G) <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b>		
Tuesday	<b>Main Meals</b>	Beef Bolognese (C) with Spaghetti (G)	<b>Vegetables</b>	Peas <b>Ve</b>
		Vegan Bolognese (SO,g) with Spaghetti (G) <b>Ve</b>	<b>Dessert</b>	Carrot Cake (G,E) <b>V</b>
		Jacket Potato with Cheese (MK) <b>V</b>		
Wednesday	<b>Main Meals</b>	Roast Chicken with Roast Potatoes & Gravy	<b>Vegetables</b>	Seasonal Greens <b>Ve</b>
		Macaroni & Cheese (G,MK) <b>V</b>	<b>Dessert</b>	Shortbread Biscuit (G) <b>Ve</b>
		Jacket Potato with Salmon Mayonnaise (E,F)		
Thursday	<b>Main Meals</b>	Chicken Fajita Wrap (G)	<b>Vegetables</b>	Steamed Carrots <b>Ve</b>
		Vegetable & Bean Burrito (G,SO) <b>Ve</b>	<b>Dessert</b>	Maryland Cookie (G,mk) <b>V</b>
		Pasta (G) with Roasted Tomato & Basil Sauce <b>Ve</b>		
Friday	<b>Main Meals</b>	Breaded Fish Fingers (G,F)	<b>Vegetables</b>	Chips & Baked Beans <b>Ve</b>
		Vegetable & Bean Chimichangas (G,MK,C) <b>V</b>	<b>Dessert</b>	Chocolate & Courgette Sponge (G,E) <b>V</b>
		Pasta (G) with Cheese Sauce (G,MK) <b>V</b>		

## Freshly Baked Bread:

Pesto Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

## Week 1:

20<sup>th</sup> February, 13<sup>th</sup> March, 3<sup>rd</sup> April, 24<sup>th</sup> April, 15<sup>th</sup> May, 5<sup>th</sup> June, 26<sup>th</sup> June, 17<sup>th</sup> July, 28<sup>th</sup> August, 18<sup>th</sup> September, 9<sup>th</sup> October

Available Every Day:  
Fresh Fruit **Ve**  
Yoghurt (SO,MK) **V**

## 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	<b>Main Meals</b>	Beef Burger in a Bun (G,se)	<b>Vegetables</b>	Carrot Sticks <b>Ve</b>
		Vegetable Burger (G) in a Bun (G,se) <b>Ve</b>	<b>Dessert</b>	Lemon Drizzle Sponge (G,E) <b>V</b>
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) <b>Ve</b>		
Tuesday	<b>Main Meals</b>	Beef Lasagne (G,MK,e)	<b>Vegetables</b>	Sweetcorn <b>Ve</b>
		Vegetable Fajita Wrap (G,SO) <b>Ve</b>	<b>Dessert</b>	Flapjack (G) <b>Ve</b>
		Jacket Potato with Cheese (MK) <b>V</b>		
Wednesday	<b>Main Meals</b>	Honey Roast Gammon with Roast Potatoes & Gravy	<b>Vegetables</b>	Pan Fried Leeks <b>Ve</b>
		Ratatouille Pasta Bake (G) <b>Ve</b>	<b>Dessert</b>	Orange Shortbread Biscuit (G) <b>Ve</b>
		Jacket Potato with Baked Beans <b>Ve</b>		
Thursday	<b>Main Meals</b>	Chicken Tikka Masala (MU) & Rice	<b>Vegetables</b>	Broccoli <b>Ve</b>
		Vegetable Pasanda (MU) with Rice <b>Ve</b>	<b>Dessert</b>	Apple Crumble (G) <b>Ve</b> with Custard (MK) <b>V</b>
		Pasta (G) with Tomato & Vegetable Sauce (g) <b>Ve</b>		
Friday	<b>Main Meals</b>	Breaded Fish Fingers (G,F)	<b>Vegetables</b>	Chips & Baked Beans <b>Ve</b>
		Spiced Squash & Spinach Samosa (G) <b>Ve</b>	<b>Dessert</b>	Apple & Parsnip Cake (G,E) <b>V</b>
		Pasta (G) with Cheese Sauce (G,MK) <b>V</b>		

## Freshly Baked Bread:

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

## Week 2:

27<sup>th</sup> February, 20<sup>th</sup> March, 10<sup>th</sup> April, 1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 4<sup>th</sup> September, 25<sup>th</sup> September, 16<sup>th</sup> October

Week 3

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

Monday	<b>Main Meals</b>	Cumberland Sausages (G,SU) with Mashed Potato & Gravy	<b>Vegetables</b>	Peas <b>Ve</b>
		Vegan Sausages (G) with Mashed Potato & Gravy <b>Ve</b>	<b>Dessert</b>	Apple & Carrot Flapjack (G) <b>Ve</b>
		Pasta (G) with Cheese Sauce (G,MK) <b>V</b>		
Tuesday	<b>Main Meals</b>	Beef Chilli (C,g) with Steamed Rice	<b>Vegetables</b>	Steamed Carrots <b>Ve</b>
		Vegetable Chilli (SO,C,g) with Steamed Rice <b>Ve</b>	<b>Dessert</b>	Chocolate & Beetroot Brownie (G,E) <b>V</b>
		Jacket Potato with Cheese (MK) <b>V</b>		
Wednesday	<b>Main Meals</b>	Sticky Glazed Chicken	<b>Vegetables</b>	Spicy Potato Wedges <b>Ve</b> & Coleslaw (E) <b>V</b>
		Margherita Pizza (G,SO,MK,e) <b>V</b>	<b>Dessert</b>	Cherry Cornflake Cake (G,SU) <b>V</b>
		Pasta (G) with Tomato & Basil Sauce (g) <b>Ve</b>		
Thursday	<b>Main Meals</b>	Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)	<b>Vegetables</b>	Pan Fried Leeks <b>Ve</b>
		Vegetable Pasta Bake (G,MK,C) <b>V</b>	<b>Dessert</b>	Syrup Sponge (G,E) <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b>		
Friday	<b>Main Meals</b>	Breaded Fish Fingers (G,F)	<b>Vegetables</b>	Chips & Baked Beans <b>Ve</b>
		Vegetable & Bean Stuffed Pitta Pocket (G) <b>Ve</b>	<b>Dessert</b>	Chocolate Shortbread Biscuit (G) <b>Ve</b>
		Pasta (G) with Tomato & Lentil Sauce (C,g) <b>Ve</b>		

## Freshly Baked Bread:

Garlic & Rosemary Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

## Week 3:

6<sup>th</sup> March, 27<sup>th</sup> March, 17<sup>th</sup> April, 8<sup>th</sup> May, 29<sup>th</sup> May, 19<sup>th</sup> June, 10<sup>th</sup> July, 11<sup>th</sup> September, 2<sup>nd</sup> 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 Sherwood Park  
February 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

