

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

Week 1

Monday

Main Meals
 Beef Bolognese with Spaghetti (G)
 Vegan Bolognese (SO,g) with Spaghetti (G)
 Baked Jackets with Grated Cheese (MK)

Served With
 Peas & Broccoli

Dessert
 Maryland Cookie (G,mk)

Tuesday

Main Meals
 Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges
 Margherita Pizza (G,SO,MK,e) with Baked Wedges
 Pasta (G) & Tomato Sauce

Served With
 Carrots & Sweetcorn

Dessert
 Apple Crumble (G) with Custard (MK)

Wednesday

Main Meals
 Roast Chicken with Roast Potatoes & Gravy
 Squash & Lentil Lasagne (G,MK,e)
 Baked Jackets with Baked Beans

Served With
 Seasonal Greens & Cauliflower

Dessert
 Vanilla Shortbread (G)

Thursday

Main Meals
 Chilli Con Carne with Steamed Rice
 Spanish Omelette (E)
 Pasta (G) & Tomato Sauce

Served With
 Broccoli & Carrots

Dessert
 Banana Flapjack (G)

Friday

Main Meals
 Breaded Fish Fingers (G,F) with Chips & Ketchup
 Vegan Goujons with Chips & Ketchup
 Baked Jackets with Grated Cheese (MK)

Served With
 Peas & Baked Beans

Dessert
 Chocolate & Pear Sponge (G,E)

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

Available Every Day:
 Fresh Fruit, Yoghurt (SO,MK) or Jelly

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

Main Meals
 Pork Sausage (G,SU) with Mashed Potato & Gravy
 Vegan Sausage (SO) with Mashed Potato & Gravy
 Pasta (G) & Tomato Sauce

Served With
 Sweetcorn & Baked Beans

Dessert
 Lemon Drizzle Sponge (G,E)

Tuesday

Main Meals
 Chicken & Sweetcorn Pasta (G,MK)
 Vegan Tomato & Mixed Bean Sauce with Fusilli (G)
 Baked Jackets with Grated Cheese (MK)

Served With
 Carrots & Broccoli

Dessert
 Mandarin Jelly

Wednesday

Main Meals
 Honey Roast Gammon with Roast Potatoes & Gravy
 Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)
 Wholewheat Pasta (G) & Tomato Sauce

Served With
 Seasonal Greens & Peas

Dessert
 Vanilla Ice Cream (MK)

Thursday

Main Meals
 Macaroni & Cheese Bolognese Bake (G,MK,C)
 Vegan Chickpea & Spinach Korma with Steamed Rice
 Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)

Served With
 Carrots & Sweetcorn

Dessert
 Apple & Carrot Flapjack (G)

Friday

Main Meals
 Breaded Fish Fingers (G,F) with Chips & Ketchup
 Vegan Fajita Wrap (G) with Chips & Ketchup
 Pasta (G) & Tomato Sauce

Served With
 Peas & Baked Beans

Dessert
 Chocolate Rice Krispie Cake (G)

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
 Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)
 Vegan Roasted Ratatouille with Penne (G)
 Baked Jackets with Grated Cheese (MK)

Served With
 Carrots & Broccoli

Dessert
 Orange Shortbread Biscuit (G)

Tuesday

Main Meals
 Bacon & Mushroom Carbonara (G,MK) with Pasta (G)
 Cheese, Onion & Potato Turnover (G,MK)
 Pasta (G) & Tomato Sauce

Served With
 Sweetcorn & Coleslaw (E)

Dessert
 Carrot Cake (G,E)

Wednesday

Main Meals
 Herby Roast Chicken with Roast Potatoes & Gravy
 3 Vegetable Mac n' Cheese (G,MK)
 Baked Jackets with Baked Beans

Served With
 Seasonal Greens & Broccoli

Dessert
 Apple & Parsnip Cake (G,E)

Thursday

Main Meals
 Mild Chicken & Vegetable Curry with Steamed Rice
 Vegan Caribbean Vegetable Curry (g) with Wraps (G)
 Pasta (G) & Tomato Sauce

Served With
 Cauliflower & Carrots

Dessert
 Vanilla Ice Cream (MK)

Friday

Main Meals
 Breaded Fish Fingers (G,F) with Chips & Ketchup
 Vegan Bubble & Squeak with Chips & Ketchup
 Baked Jackets with Grated Cheese (MK)

Served With
 Peas & Baked Beans

Dessert
 Chocolate & Beetroot Brownie (G,E)

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)

BM1TenterdenRolvenden
 May 2024
 All products are subject to availability

pabulummm
 HONESTLY GOOD FOOD

