

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) ✓
 Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables

Sweetcorn & Peas ✓

Dessert

Vanilla Ice Cream (MK) with Fruit Compote ✓

Tuesday

Main Meals

Mild Chicken & Vegetable Curry (MU) with Steamed Rice
 Thai Vegetable Green Curry (C) with Steamed Rice ✓
 Jacket Potato with Baked Beans ✓

Vegetables

Cauliflower & Green Beans ✓

Dessert

Fruit Burst Jelly ✓

Wednesday

Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy
 BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy ✓
 Wholegrain Pasta (G) with Tomato Sauce (C) ✓

Vegetables

Seasonal Greens & Carrots ✓

Dessert

Apple & Oaty Topped Crumble (G) ✓ with Custard (MK) ✓

Thursday

Main Meals

Beef Bolognese (C) with Spaghetti (G)
 Homemade Vegan Burger (g) in a Bun (G,se) ✓
 Jacket Potato with Cheese (MK) ✓

Vegetables

Broccoli & Sweetcorn ✓

Dessert

Chocolate & Beetroot Brownie (G,E) ✓

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips
 Vegetable Burrito Wrap (G,SO) ✓
 Pasta (G) with Tomato Sauce (C) ✓

Vegetables

Peas & Baked Beans ✓

Dessert

Maryland Cookie (G,mk) ✓

Freshly Baked Bread:

Garlic & Herb Bread (G,SO,MK,e) ✓ Wholemeal Bread (G,SO,MK,e) ✓

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) ✓
 Jacket Potato with Tuna Mayonnaise (F,E)

Vegetables

Sweetcorn ✓ & Coleslaw (E) ✓

Dessert

Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) ✓

Tuesday

Main Meals

Sweet & Sour Chicken (G,C) with Steamed Rice
 Sweet & Sour Vegetables (G,C) with Steamed Rice ✓
 Wholegrain Pasta (G) with Tomato Sauce (C) ✓

Vegetables

Cauliflower & Peas ✓

Dessert

Oat & Cherry Cookie (G,SU) ✓

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
 Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy ✓
 Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables

Seasonal Greens & Carrots ✓

Dessert

Banana Flapjack (G) ✓

Thursday

Main Meals

Beef Lasagne (G,MK,e)
 Vegan Chilli Con Carne (SO,C,g) with Rice ✓
 Jacket Potato with Baked Beans ✓

Vegetables

Broccoli & Sweetcorn ✓

Dessert

Apple & Parsnip Sponge (G,E) ✓

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips
 Vegetable Goujon with Oven Baked Chips ✓
 Pasta (G) with Roasted Tomato Sauce ✓

Vegetables

Baked Beans & Peas ✓

Dessert

Vanilla Ice Cream (MK) with Peach Compote ✓

Freshly Baked Bread:

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

Week 2:

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

Monday

Main Meals

Cottage Pie topped with Sliced Sweet Potato (SU)
 Macaroni & Cheese (G,MK) ✓
 Jacket Potato with Baked Beans ✓

Vegetables

Peas & Carrots ✓

Dessert

Sticky Banana Bread (G,SO,MK,e) ✓

Tuesday

Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)
 Vegetable Jambalaya (g) ✓
 Jacket Potato with Salmon Mayonnaise (F,E) or Tuna Mayonnaise (F,E)

Vegetables

Cauliflower & Broccoli ✓

Dessert

Chocolate Shortbread (G) ✓

Wednesday

Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy
 Roasted Ratatouille with Crumble (G) ✓
 Wholegrain Pasta (G) with Cheese Sauce (G,MK) ✓

Vegetables

Seasonal Greens & Mashed Swede ✓

Dessert

Mandarin Jelly ✓

Thursday

Main Meals

Beef Burger in a Bun (G,se)
 Vegan Bolognese (SO,g) with Spaghetti (G) ✓
 Jacket Potato with Baked Beans ✓

Vegetables

Sweetcorn ✓ & Coleslaw (E) ✓

Dessert

Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) ✓

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips
 BBQ Vegetable Quesadilla (G,MK) ✓
 Pasta (G) with Tomato Sauce (C) ✓

Vegetables

Baked Beans & Peas ✓

Dessert

Chocolate Mousse (MK) ✓

Freshly Baked Bread:

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

Week 3:

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

✓ - 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 Willowbrook & St Josephs
 Available Every Day
 Fresh Fruit Platter ✓
 Homemade Fruit Yoghurt (SO,MK) ✓

September 2022

pabulummm
 HONESTLY GOOD FOOD

All products are subject to availability.