

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

Week 1

Monday	Main Meals	Baked Pork & Beef Sausages (G,SU) with Crushed Potatoes & Gravy	Served With	Baked Beans & Peas
		3 Veg Macaroni Cheese (G,MK)	Dessert	Chocolate & Sweet Potato Brownie (G,E)
		Pasta (G) with Tomato & Basil Sauce		
Tuesday	Main Meals	Beef & Bean Chilli with Steamed Rice	Served With	Sweetcorn & Broccoli
		Vegan Bean Chilli (SO) with Steamed Rice	Dessert	Courgette & Oat Cookie (G)
		Jacket Potato with Baked Beans		
Wednesday	Main Meals	Roast Chicken Fillets with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Squash, Sweet Potato & Bean Hot Pot	Dessert	Vanilla Ice Cream (MK)
		Pasta (G) with Tomato & Basil Sauce		
Thursday	Main Meals	Beef & Vegetable Ragù with Penne Pasta (G)	Served With	Cauliflower & Roasted Carrots
		Vegan Vegetable & Chickpea Ragù with Penne Pasta (G)	Dessert	Apple & Parsnip Sponge (G,E)
		Jacket Potato with Cheddar Cheese (MK)		
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Vegan Vegetable Fingers, Chips & Ketchup	Dessert	Fruit Jelly
		Pasta (G) with Tomato & Basil Sauce		

Freshly Baked Bread:

Tomato & Rosemary Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul

Week 2

Monday	Main Meals	Beef Bolognese & Penne Pasta Bake (G,MK)	Served With	Cauliflower & Green Beans
		Vegan Bolognese (SO,g) with Spaghetti (G)	Dessert	Maryland Cookie (G,mk)
		Jacket Potato with Baked Beans		
Tuesday	Main Meals	Caribbean Chicken & Sweet Potato Curry with Steamed Rice	Served With	Carrots & Peas
		Vegan Spiced Squash & Potato Samosa (G)	Dessert	Carrot & Apple Flapjack (G)
		Pasta (G) with Squash & Tomato Sauce		
Wednesday	Main Meals	Honey Roast Gammon with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Bombay Chickpea Burrito (G)	Dessert	Banana & Cinnamon Sponge (G,E)
		Pasta (G) with Squash & Tomato Sauce		
Thursday	Main Meals	Curried Beef & Vegetables with Steamed Rice	Served With	Broccoli & Sweetcorn
		Vegan Mexican Bean & Vegetable Savoury Rice	Dessert	Cherry Shortbread (G,SU)
		Jacket Potato with Cheddar Cheese (MK)		
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Vegan Boston BBQ 3 Bean Stew with Baked Jackets	Dessert	Vanilla Ice Cream (MK)
		Pasta (G) with Squash & Tomato Sauce		

Freshly Baked Bread:

Beetroot & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2: 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr, 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul

Week 3

Monday	Main Meals	Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges	Served With	Classic Coleslaw (E) & Sweetcorn
		Margherita Pizza (G,SO,MK,e) with Baked Wedges	Dessert	Cinnamon Apple Crumble (G) with Custard (MK)
		Pasta (G) with Tomato & Vegetable Sauce		
Tuesday	Main Meals	Chicken Biryani (g) with Vegetable Dhal (g)	Served With	Broccoli & Cauliflower
		Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)	Dessert	Sultana & Oat Cookie (G)
		Jacket Potato with Baked Beans		
Wednesday	Main Meals	Slow Roast Beef & Root Vegetables with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Country Vegetable & Bean Pie (G)	Dessert	Fruit Jelly
		Pasta (G) with Tomato & Vegetable Sauce		
Thursday	Main Meals	Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G)	Served With	Cauliflower & Roasted Carrots
		Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice	Dessert	Orange Drizzle Cake (G,E)
		Jacket Potato with Salmon Mayonnaise (F,E) or Tuna Mayonnaise (F,E)		
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Mexican Roasted Vegetable & Bean Quesadilla (G)	Dessert	Chocolate & Courgette Rice Krispie Cake (G)
		Wholewheat Pasta (G) with Tomato & Vegetable Sauce		

Freshly Baked Bread:

Pesto & Garlic Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3: 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr, 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul

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, Yoghurt (SO,MK)
or Jelly



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)

BM1OakFarm
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All products are subject to availability

pabulummm
HONESTLY GOOD FOOD