

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

Week 1

Monday

## Main Meals

Baked Sausages (G,SU) with Crushed Potatoes & Gravy  
3 Veg Macaroni Cheese (G,MK)  
Pasta (G) with Tomato & Basil Sauce

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Baked Beans & Peas

## Dessert

Chocolate & Sweet Potato Brownie (G,E)

Tuesday

## Main Meals

Traditional Beef Lasagne (G,MK,e)  
Vegan Bean Chilli (SO) with Steamed Rice  
Jacket Potato with Baked Beans

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Sweetcorn & Broccoli

## Dessert

Courgette & Oat Cookie (G)

Wednesday

## Main Meals

Roast Chicken Fillets with Gravy  
Vegan Squash, Sweet Potato & Bean Hot Pot  
Pasta (G) with Tomato & Basil Sauce

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Roast Potatoes, Seasonal Greens & Carrots

## Dessert

Vanilla Ice Cream (MK)

Thursday

## Main Meals

Beef & Vegetable Ragù with Penne Pasta (G)  
Vegetable Chow Mein (G,E,SO)  
Jacket Potato with Cheddar Cheese (MK)

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Cauliflower & Roasted Carrots

## Dessert

Apple & Parsnip Sponge (G,E)

Friday

## Main Meals

Fish Fingers (G,F), Chips & Ketchup  
Vegan Vegetable Fingers, Chips & Ketchup  
Pasta (G) with Tomato & Basil Sauce

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Baked Beans & Peas

## Dessert

Fruit Jelly

### Freshly Baked Bread:

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

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

Week 2

Monday

## Main Meals

Beef Bolognese & Penne Pasta Bake (G,MK)  
Vegan Bolognese (SO,g) with Spaghetti (G)  
Jacket Potato with Baked Beans

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Cauliflower & Green Beans

## Dessert

Maryland Cookie (G,mk)

Tuesday

## Main Meals

Chicken & Vegetable Paella  
Vegan Spiced Squash & Potato Samosa (G)  
Pasta (G) with Squash & Tomato Sauce

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Carrots & Peas

## Dessert

Carrot & Apple Flapjack (G)

Wednesday

## Main Meals

Honey Roast Gammon with Gravy  
Vegan Bombay Chickpea Burrito (G)  
Pasta (G) with Squash & Tomato Sauce

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Roast Potatoes, Seasonal Greens & Carrots

## Dessert

Banana & Cinnamon Sponge (G,E)

Thursday

## Main Meals

Curried Beef & Vegetables with Steamed Rice  
Vegan Vegetable & Chickpea Ragù with Penne Pasta (G)  
Jacket Potato with Cheddar Cheese (MK)

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Broccoli & Sweetcorn

## Dessert

Cherry Shortbread (G,SU)

Friday

## Main Meals

Fish Fingers (G,F), Chips & Ketchup  
Vegan Boston BBQ 3 Bean Stew with Baked Jackets  
Pasta (G) with Squash & Tomato Sauce

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Baked Beans & Peas

## Dessert

Vanilla Ice Cream (MK)

### Freshly Baked Bread:

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

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

Week 3

Monday

## Main Meals

Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges  
Margherita Pizza (G,SO,MK,e) with Baked Wedges  
Pasta (G) with Tomato & Vegetable Sauce

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Classic Coleslaw (E) & Sweetcorn

## Dessert

Cinnamon Apple Crumble (G) with Custard (MK)

Tuesday

## Main Meals

Traditional Cottage Pie Topped with Sweet Potato Mash (g)  
Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)  
Jacket Potato with Baked Beans

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Broccoli & Cauliflower

## Dessert

Sultana & Oat Cookie (G)

Wednesday

## Main Meals

Slow Roast Beef & Root Vegetables with Gravy  
Vegan Country Vegetable & Bean Pie (G)  
Pasta (G) with Tomato & Vegetable Sauce

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Roast Potatoes, Seasonal Greens & Carrots

## Dessert

Fruit Jelly

Thursday

## Main Meals

Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G)  
Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice  
Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Cauliflower & Roasted Carrots

## Dessert

Orange Drizzle Cake (G,E)

Friday

## Main Meals

Fish Fingers (G,F), Chips & Ketchup  
Mexican Roasted Vegetable & Bean Quesadilla (G)  
Wholewheat Pasta (G) with Tomato & Vegetable Sauce

## Sandwiches

Ham Sandwich (G,SO)  
or Cheese Sandwich (G,MK,SO)

## Served with

Baked Beans Peas

## Dessert

Chocolate & Courgette Rice Krispie Cake (G)

### Freshly Baked Bread:

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

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



### Made Fresh Every Day

All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

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)

BM1WillowbrookStJosephWorker

Jan 2025

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD