

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

Week 1

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

Freshly Baked Bread:

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

Week 1:

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

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 Ve, Yoghurt (SO,MK) V or Jelly Ve

Week 2

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

Freshly Baked Bread:

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

Week 2:

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

Week 3

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

Monday	Main Meals Vegan Sausages (G) with Mashed Potato & Gravy Ve Chicken and Beef Sausages with Mashed Potato & Gravy Halal Chicken and Beef Sausages with Mashed Potato & Gravy Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Peas Ve Dessert Apple & Carrot Flapjack (G) Ve
Tuesday	Main Meals Vegetable Chilli (SO,C,g) with Steamed Rice Ve Beef Chilli (C,g) with Steamed Rice Halal Beef Chilli (C,g) with Steamed Rice Pasta (G) with Tomato & Basil Sauce (g) Ve	Vegetables Steamed Carrots Ve Dessert Chocolate & Beetroot Brownie (G,E) V
Wednesday	Main Meals Margherita Pizza (G,SO,MK,e) V Sticky Glazed Chicken Halal Sticky Glazed Chicken Pasta (G) with Tomato & Basil Sauce (g) Ve	Vegetables Spicy Potato Wedges Ve & Coleslaw (E) V Dessert Cherry Cornflake Cake (G,SU) V
Thursday	Main Meals Vegetable Pasta Bake (G,MK,C) V Mild Chicken & Vegetable Curry (MU) with Rice Halal Mild Chicken & Vegetable Curry (MU) with Rice Jacket Potato with Baked Beans Ve	Vegetables Pan Fried Leeks Ve Dessert Vanilla Ice Cream (MK) V
Friday	Main Meals Cheese & Tomato Quiche (G,E,MK) V Breaded Fish Fingers (G,F) Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	Vegetables Chips & Baked Beans Ve Dessert Chocolate Shortbread Biscuit (G) Ve

Freshly Baked Bread:

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

Week 3:

6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July, 11th September, 2nd 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)

BM2 Halal Non Churchfields
February 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

