

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

Week 1

Monday

Main Meals

BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges
Halal BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges
Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V
Jacket Potato with Baked Beans Ve

Vegetables

Sweetcorn Ve

Dessert

Chocolate Rice Krispie Cake (G) V

Tuesday

Main Meals

Beef Bolognese (C) with Spaghetti (G)
Halal Beef Bolognese (C) with Spaghetti (G)
Vegan Bolognese (SO,g) with Spaghetti (G) Ve

Vegetables

Peas Ve

Dessert

Carrot Cake (G,E) V

Jacket Potato with Cheese (MK) V

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Halal Roast Chicken with Roast Potatoes & Gravy
Macaroni & Cheese (G,MK) V
Jacket Potato with Salmon Mayonnaise (E,F)

Vegetables

Seasonal Greens Ve

Dessert

Vanilla Ice Cream (MK) V

Thursday

Main Meals

Chicken & Vegetable Chow Mein (G,E,SO,C)
Halal Chicken & Vegetable Chow Mein (G,E,SO,C)
Mushroom & Vegetable Chow Mein (G,E,SO,C) V

Vegetables

Steamed Carrots Ve

Dessert

Maryland Cookie (G,mk) V

Pasta (G) with Roasted Tomato & Basil Sauce Ve

Friday

Main Meals

Breaded Fish Fingers (G,F)

Vegetables

Chips & Baked Beans Ve

Vegetable & Bean Chimichangas (G,MK,C) V

Dessert

Chocolate & Courgette Sponge (G,E) V

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

Beef Burger in a Bun (G,se) with Baked Jacket Wedges
Halal Beef Burger in a Bun (G,se) with Baked Jacket Wedges
Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve

Vegetables

Carrot Sticks Ve

Dessert

Lemon Drizzle Sponge (G,E) V

Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve

Tuesday

Main Meals

Beef Lasagne (G,MK,e)
Halal Beef Lasagne (G,MK,e)
Vegetable Fajita Wrap (G,SO) Ve

Vegetables

Sweetcorn Ve

Dessert

Flapjack (G) Ve

Jacket Potato with Cheese (MK) V

Wednesday

Main Meals

Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy
Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy
Ratatouille Pasta Bake (G) Ve

Vegetables

Pan Fried Leeks Ve

Dessert

Orange Shortbread Biscuit (G) Ve

Jacket Potato with Baked Beans Ve

Thursday

Main Meals

Chicken Tikka Masala (MU) & Rice
Halal Chicken Tikka Masala (MU) & Rice
Vegetable Pasanda (MU) with Rice Ve

Vegetables

Broccoli Ve

Dessert

Apple Crumble (G) Ve with Custard (MK) V

Pasta (G) with Tomato & Vegetable Sauce (g) Ve

Friday

Main Meals

Breaded Fish Fingers (G,F)

Vegetables

Chips & Baked Beans Ve

Spiced Squash & Spinach Samosa (G) Ve

Dessert

Apple & Parsnip Cake (G,E) V

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

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



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

Week 3

Monday

Main Meals

Chicken and Beef Sausages with Mashed Potato & Gravy
Halal Chicken and Beef Sausages with Mashed Potato & Gravy
Vegan Sausages (G) with Mashed Potato & Gravy Ve

Vegetables

Peas Ve

Dessert

Apple & Carrot Flapjack (G) Ve

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

Tuesday

Main Meals

Beef Chilli (C,g) with Steamed Rice
Halal Beef Chilli (C,g) with Steamed Rice
Vegetable Chilli (SO,C,g) with Steamed Rice Ve

Vegetables

Steamed Carrots Ve

Dessert

Chocolate & Beetroot Brownie (G,E) V

Jacket Potato with Cheese (MK) V

Wednesday

Main Meals

Sticky Glazed Chicken
Halal Sticky Glazed Chicken
Margherita Pizza (G,SO,MK,e) V

Vegetables

Spicy Potato Wedges Ve & Coleslaw (E) V

Dessert

Cherry Cornflake Cake (G,SU) V

Pasta (G) with Tomato & Basil Sauce (g) Ve

Thursday

Main Meals

Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)
Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)
Vegetable Pasta Bake (G,MK,C) V

Vegetables

Pan Fried Leeks Ve

Dessert

Vanilla Ice Cream (MK) V

Jacket Potato with Baked Beans Ve

Friday

Main Meals

Breaded Fish Fingers (G,F)

Vegetables

Chips & Baked Beans Ve

Vegetable & Bean Stuffed Pitta Pocket (G) Ve

Dessert

Chocolate Shortbread Biscuit (G) Ve

Pasta (G) with Tomato & Lentil Sauce (C,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 Downsview
February 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD