

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

**Monday**

**Main Meals**  
 Chicken & Beef Sausage with Mash & Onion Gravy  
 Halal Chicken & Beef Sausage with Mash & 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 Turkey & Vegetable Curry (MU) with Steamed Rice  
 Halal Mild Turkey & Vegetable Curry (MU) with Steamed Rice  
 Sweet Potato & Vegetable Curry (C) with Steamed Rice ✓  
 Jacket Potato with Baked Beans ✓

**Vegetables**  
 Cauliflower & Green Beans ✓  
**Dessert**  
 Fruit Burst Jelly ✓

**Wednesday**

**Main Meals**  
 Roast Chicken with Roast Potatoes & Gravy  
 Halal Roast Chicken 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 Bolognaise (C) with Spaghetti (G)  
 Halal Beef Bolognaise (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) ✓

**Salad:**  
 Potato Salad (E) ✓ Chickpea, Feta & Tomato Salad (MK) ✓

**Week 1:**  
 29<sup>th</sup> August, 19<sup>th</sup> September, 10<sup>th</sup> October, 31<sup>st</sup> October, 21<sup>st</sup> November, 12<sup>th</sup> December, 2<sup>nd</sup> January, 23<sup>rd</sup> January, 13<sup>th</sup> February

**Monday**

**Main Meals**  
 BBQ Chicken Pizza (G,MK)  
 Halal 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**  
 Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)  
 Halal Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)  
 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  
 Halal 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 & Bean Chilli (C,g) with Rice  
 Halal Beef & Bean Chilli (C,g) with Rice  
 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**  
 Battered Fish (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) ✓

**Salad:**  
 Tomato & Basil Pasta Salad (G) ✓ Coleslaw (E) ✓

**Week 2:**  
 5<sup>th</sup> September, 26<sup>th</sup> September, 17<sup>th</sup> October, 7<sup>th</sup> November, 28<sup>th</sup> November, 19<sup>th</sup> December, 9<sup>th</sup> January, 30<sup>th</sup> January, 20<sup>th</sup> February

**Monday**

**Main Meals**  
 Cottage Pie topped with Sliced Sweet Potato (SU)  
 Halal 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)  
 Halal Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)  
 Vegetable Jambalaya (g) ✓  
 Jacket Potato with Salmon Mayonnaise (F,E)

**Vegetables**  
 Cauliflower & Broccoli ✓  
**Dessert**  
 Chocolate Shortbread (G) ✓

**Wednesday**

**Main Meals**  
 Thyme Roast Chicken Breast with Roast Potatoes & Gravy  
 Halal 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)  
 Halal Beef Burger in a Bun (G,se)  
 Vegan Bolognaise (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 Quesidillas (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) ✓

**Salad:**  
 Giant Couscous with Roasted Vegetables Salad (G) ✓ Potato Salad (E) ✓

**Week 3:**  
 12<sup>th</sup> September, 3<sup>rd</sup> October, 24<sup>th</sup> October, 14<sup>th</sup> November, 5<sup>th</sup> December, 16<sup>th</sup> January, 6<sup>th</sup> February, 27<sup>th</sup> February

✓ - Suitable for vegetarians  
 ✓ve - Suitable for vegans & vegetarians  
 All products are subject to availability.

**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.

BM2 Halal Non Available Every Day  
 Fresh Fruit Platter ✓  
 Homemade Fruit Yoghurt (SO,MK) ✓

September 2022  
**pabulummm**  
 HONESTLY GOOD FOOD