

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

Week 1

Monday

Main Meals
Spinach & Pepper Pizza (G,SO,MK,e) with Baked Jacket Wedges V
Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V

Vegetables
Sweetcorn Ve

Dessert
Chocolate Rice Krispie Cake (G) V

Jacket Potato with Baked Beans Ve

Tuesday

Main Meals
Beef & Potato Keema (g) with Yellow Rice
Halal Beef & Potato Keema (g) with Yellow Rice
Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve

Vegetables
Peas Ve

Dessert
Carrot Cake (G,E) V

Pasta (G) with Roasted Tomato & Basil Sauce Ve

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy
Halal Roast Chicken with Roast Potatoes & Gravy
Macaroni & Cheese (G,MK) V

Vegetables
Seasonal Greens Ve

Dessert
Vanilla Ice Cream (MK) V

Jacket Potato with Salmon Mayonnaise (E,F)

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
Steamed Carrots Ve

Dessert
Maryland Cookie (G,mk) V

Jacket Potato with Cheese (MK) V

Friday

Main Meals
Breaded Fish Fingers (G,F)
Vegetable & Bean Chimichangas (G,MK,C) V

Vegetables
Chips & Baked Beans Ve

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:

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
Chicken & Sweetcorn Meatball Sub Roll (G,se) with Baked Jacket Wedges
Halal Chicken & Sweetcorn Meatball Sub Roll (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)
Chunky Vegetable Dhal (C,g) with Rice 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
Broccoli Ve

Dessert
Orange Shortbread Biscuit (G) Ve

Jacket Potato with Baked Beans Ve

Thursday

Main Meals
Chicken Biryani (MU,g)
Halal Chicken Biryani (MU,g)
Vegetable Biryani (MU,g) Ve

Vegetables
Peas 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)
Spiced Squash & Spinach Samosa (G) Ve

Vegetables
Chips & Baked Beans 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:

12th June, 3rd July, 4th September, 25th September, 16th October

Week 3

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

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 Bolognese (C) with Spaghetti (G)
Halal Beef Bolognese (C) with Spaghetti (G)
Vegan Bolognese (SO,g) with Spaghetti (G) 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
Chicken Tikka Masala (MU) & Rice
Halal Chicken Tikka Masala (MU) & Rice
Vegetable Pasanda (MU) with Rice Ve

Vegetables
Sweetcorn Ve

Dessert
Vanilla Ice Cream (MK) V

Jacket Potato with Baked Beans Ve

Friday

Main Meals
Breaded Fish Fingers (G,F)
Vegetable & Bean Stuffed Pitta Pocket (G) Ve

Vegetables
Chips & Baked Beans 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:

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 Montem
June 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

