

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**

Pasta (G) with Roasted Tomato & Basil Sauce **Ve**

Vegetables

Sweetcorn **Ve**

Dessert

Chocolate Rice Krispie Cake (G) **V**

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**

Jacket Potato with Cheese (MK) **V**

Vegetables

Peas **Ve**

Dessert

Carrot Cake (G,E) **V**

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy

Halal Roast Chicken with Roast Potatoes & Gravy

Macaroni & Cheese (G,MK) **V**

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

Vegetables

Seasonal Greens **Ve**

Dessert

Vanilla Ice Cream (MK) **V**

Thursday

Main Meals

Chicken Fajita Wrap (G)

Halal Chicken Fajita Wrap (G)

Vegetable & Bean Burrito (G,SO) **Ve**

Jacket Potato with Salmon Mayonnaise (E,F)

Vegetables

Steamed Carrots **Ve**

Dessert

Maryland Cookie (G,mk) **V**

Friday

Main Meals

Breaded Fish Fingers (G,F)

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

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:

9th October, 30th October, 20th November, 11th December

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 Tikka Masala (MU) & Rice

Halal Chicken Tikka Masala (MU) & Rice

Vegetable Pasanda (MU) with Rice **Ve**

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

Vegetables

Carrot Sticks **Ve**

Dessert

Lemon Drizzle Sponge (G,E) **V**

Tuesday

Main Meals

Beef Lasagne (G,MK,e)

Halal Beef Lasagne (G,MK,e)

Vegetable Fajita Wrap (G,SO) **Ve**

Jacket Potato with Cheese (MK) **V**

Vegetables

Sweetcorn **Ve**

Dessert

Flapjack (G) **Ve**

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**

Jacket Potato with Baked Beans **Ve**

Vegetables

Pan Fried Leeks **Ve**

Dessert

Orange Shortbread Biscuit (G) **Ve**

Thursday

Main Meals

Chicken Paella

Halal Chicken Paella

Butternut Squash & Chickpea Paella **Ve**

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

Vegetables

Broccoli **Ve**

Dessert

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

Friday

Main Meals

Battered Fish (G,F)

Spiced Squash & Spinach Samosa (G) **Ve**

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

Vegetables

Chips & Baked Beans **Ve**

Dessert

Apple & Parsnip Cake (G,E) **V**

Freshly Baked Bread: Tomato & Herb Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 2:

16th October, 6th November, 27th November, 18th December

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**

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

Vegetables

Peas **Ve**

Dessert

Apple & Carrot Flapjack (G) **Ve**

Tuesday

Main Meals

Beef Biryani (MU,g)

Halal Beef Biryani (MU,g)

Vegetable Biryani (MU,g) **Ve**

Jacket Potato with Cheese (MK) **V**

Vegetables

Steamed Carrots **Ve**

Dessert

Chocolate & Beetroot Brownie (G,E) **V**

Wednesday

Main Meals

Sticky Glazed Chicken

Halal Sticky Glazed Chicken

Mushroom & Butternut Squash Filo Parcel (G,MK) **V**

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

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**

Jacket Potato with Baked Beans **Ve**

Vegetables

Pan Fried Leeks **Ve**

Dessert

Vanilla Ice Cream (MK) **V**

Friday

Main Meals

Breaded Fish Fingers (G,F)

Vegetable & Bean Stuffed Pitta Pocket (G) **Ve**

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:

2nd October, 23rd October, 13th November, 4th December

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 Rockmount
October 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

