

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

Week 1

Monday
Main Meals
 Beef Bolognaise with Spaghetti (G)
 Halal Beef Bolognaise with Spaghetti (G)
 Vegan Bolognaise (SO,G) with Spaghetti (G)
 Baked Jackets with Grated Cheese (MK)
Served With
 Peas & Broccoli
Dessert
 Maryland Cookie (G,mk)

Tuesday
Main Meals
 BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges
 Halal BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges
 Margherita Pizza (G,SO,MK,e) with Baked Wedges
 Pasta (G) & Tomato Sauce
Served With
 Carrots & Sweetcorn
Dessert
 Apple Crumble (G) with Custard (MK)

Wednesday
Main Meals
 Roast Chicken with Roast Potatoes & Gravy
 Halal Roast Chicken with Roast Potatoes & Gravy
 Squash & Lentil Lasagne (G,MK,e)
 Baked Jackets with Baked Beans
Served With
 Seasonal Greens & Cauliflower
Dessert
 Cherry Cornflake Cake (G,SU)

Thursday
Main Meals
 Chilli Con Carne with Steamed Rice
 Halal Chilli Con Carne with Steamed Rice
 Vegan Bean Chilli (SO) with Steamed Rice
 Pasta (G) & Tomato Sauce
Served With
 Broccoli & Carrots
Dessert
 Chocolate & Pear Sponge (G,E)

Friday
Main Meals
 Breaded Fish Fingers (G,F) with Chips & Ketchup
 Vegan Goujons with Chips & Ketchup
 Baked Jackets with Grated Cheese (MK)
Served With
 Peas & Baked Beans
Dessert
 Banana Flapjack (G)

Freshly Baked Bread:
 Carrot & Beetroot (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1:
 27th May, 17th June, 8th July, 2nd Sept, 23rd Sept, 14th Oct,
 4th Nov, 25th Nov, 16th Dec

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, Yoghurt (SO,MK) or Jelly

Week 2

Monday
Main Meals
 Chicken & Beef Sausage with Mashed Potato & Gravy
 Halal Chicken & Beef Sausage with Mashed Potato & Gravy
 Vegan Sausage (SO) with Mashed Potato & Gravy
 Pasta (G) & Tomato Sauce
Served With
 Sweetcorn & Baked Beans
Dessert
 Chocolate Rice Krispie Cake (G)

Tuesday
Main Meals
 Chicken & Sweetcorn Pasta (G,MK)
 Halal Chicken & Sweetcorn Pasta (G,MK)
 Vegan Tomato & Mixed Bean Sauce with Fusilli (G)
 Baked Jackets with Grated Cheese (MK)
Served With
 Carrots & Broccoli
Dessert
 Mandarin Jelly

Wednesday
Main Meals
 Roast Turkey with Roast Potatoes & Gravy
 Halal Roast Turkey with Roast Potatoes & Gravy
 Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)
 Wholewheat Pasta (G) & Tomato Sauce
Served With
 Seasonal Greens & Peas
Dessert
 Vanilla Ice Cream (MK)

Thursday
Main Meals
 Beef Keema with Turmeric Rice
 Halal Beef Keema with Turmeric Rice
 Vegan Layered Vegetable & Sweet Potato Bake
 Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)
Served With
 Carrots & Sweetcorn
Dessert
 Apple & Carrot Flapjack (G)

Friday
Main Meals
 Breaded Fish Fingers (G,F) with Chips & Ketchup
 Vegan Fajita Wrap (G) with Chips & Ketchup
 Pasta (G) & Tomato Sauce
Served With
 Peas & Baked Beans
Dessert
 Lemon Drizzle Sponge (G,E)

Freshly Baked Bread:
 Garlic & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2:
 3rd June, 24th June, 15th July, 9th Sept, 30th Sept, 21st Oct,
 11th Nov, 2nd Dec

Week 3

Monday
Main Meals
 Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)
 Halal Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)
 Vegan Roasted Ratatouille with Penne (G)
 Baked Jackets with Grated Cheese (MK)
Served With
 Carrots & Broccoli
Dessert
 Orange Shortbread Biscuit (G)

Tuesday
Main Meals
 Caribbean Chicken Curry with Steamed Rice
 Halal Caribbean Chicken Curry with Steamed Rice
 Vegan Cauliflower & Sweet Potato Coconut Curry with Steamed Rice
 Pasta (G) & Tomato Sauce
Served With
 Sweetcorn & Coleslaw (E)
Dessert
 Carrot Cake (G,E)

Wednesday
Main Meals
 Herby Roast Chicken with Roast Potatoes & Gravy
 Halal Herby Roast Chicken with Roast Potatoes & Gravy
 3 Vegetable Mac n' Cheese (G,MK)
 Baked Jackets with Baked Beans
Served With
 Seasonal Greens & Broccoli
Dessert
 Chocolate & Beetroot Brownie (G,E)

Thursday
Main Meals
 Traditional Beef Lasagne (G,MK,e)
 Halal Traditional Beef Lasagne (G,MK,e)
 Vegan Chickpea & Spinach Korma with Steamed Rice
 Pasta (G) & Tomato Sauce
Served With
 Cauliflower & Carrots
Dessert
 Vanilla Ice Cream (MK)

Friday
Main Meals
 Breaded Fish Fingers (G,F) with Chips & Ketchup
 Vegan Bubble & Squeak with Chips & Ketchup
 Baked Jackets with Grated Cheese (MK)
Served With
 Peas & Baked Beans
Dessert
 Apple & Parsnip Cake (G,E)

Freshly Baked Bread:
 Courgette & Tomato (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3:
 10th June, 1st July, 22nd July, 16th Sept, 7th Oct, 28th Oct,
 18th Nov, 9th Dec

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
 May 2024
 All products are subject to availability

pabulummm
 HONESTLY GOOD FOOD

