

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

Week 1

| | | | | |
|-----------|-------------------|---|-------------------|---|
| Monday | Main Meals | BBQ Chicken Pizza (G,SO,MK,e) | Vegetables | Sweetcorn Ve |
| | | Margherita Pizza (G,SO,MK,e) V | Dessert | Chocolate Rice Krispie Cake (G) V |
| | | Jacket Potato with Baked Beans Ve | | |
| Tuesday | Main Meals | Beef Biryani (MU,g) | Vegetables | Peas Ve |
| | | Vegan Bolognese (SO,g) with Spaghetti (G) Ve | Dessert | Carrot Cake (G,E) V |
| | | Jacket Potato with Cheese (MK) V | | |
| Wednesday | Main Meals | Roast Chicken with Roast Potatoes & Gravy | Vegetables | Seasonal Greens Ve |
| | | Macaroni & Cheese (G,MK) V | Dessert | Vanilla Ice Cream (MK) V |
| | | Jacket Potato with Salmon Mayonnaise (E,F) | | |
| Thursday | Main Meals | Chicken Fajita Wrap (G) | Vegetables | Steamed Carrots Ve |
| | | Vegetable & Bean Burrito (G,SO) 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

Available Every Day:
Fresh Fruit **Ve**, Yoghurt (SO,MK) **V** or Jelly **Ve**

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.

Week 2

| | | | | |
|-----------|-------------------|---|-------------------|--|
| Monday | Main Meals | Beef Burger in a Bun (G,se) | Vegetables | Carrot Sticks Ve |
| | | Vegetable Burger (G) in a Bun (G,se) 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) | Vegetables | Sweetcorn Ve |
| | | Vegetable Fajita Wrap (G,SO) Ve | Dessert | Flapjack (G) Ve |
| | | Jacket Potato with Cheese (MK) V | | |
| Wednesday | Main Meals | Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy | Vegetables | Pan Fried Leeks Ve |
| | | Ratatouille Pasta Bake (G) Ve | Dessert | Orange Shortbread Biscuit (G) Ve |
| | | Jacket Potato with Baked Beans Ve | | |
| Thursday | Main Meals | Chicken Tikka Masala (MU) & Rice | Vegetables | Broccoli Ve |
| | | Vegetable Pasanda (MU) with Rice 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

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

| | | | | |
|-----------|-------------------|---|-------------------|---|
| Monday | Main Meals | Chicken and Beef Sausages with Mashed Potato & Gravy | Vegetables | Peas Ve |
| | | Vegan Sausages (G) with Mashed Potato & Gravy Ve | Dessert | Apple & Carrot Flapjack (G) Ve |
| | | Pasta (G) with Cheese Sauce (G,MK) V | | |
| Tuesday | Main Meals | Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G) | Vegetables | Steamed Carrots Ve |
| | | Vegetable Chilli (SO,C,g) with Steamed Rice Ve | Dessert | Chocolate & Beetroot Brownie (G,E) V |
| | | Jacket Potato with Cheese (MK) V | | |
| Wednesday | Main Meals | Sticky Glazed Chicken | Vegetables | Spicy Potato Wedges Ve & Coleslaw (E) V |
| | | Margherita Pizza (G,SO,MK,e) V | Dessert | Cherry Cornflake Cake (G,SU) V |
| | | Pasta (G) with Tomato & Basil Sauce (g) Ve | | |
| Thursday | Main Meals | Chicken & Vegetable Chow Mein (G,E,SO,C) | Vegetables | Pan Fried Leeks Ve |
| | | Vegetable Pasta Bake (G,MK,C) V | 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 Howard
February 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD