

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

Week 1

**Monday**

**Main Meals**  
Beef Bolognese with Spaghetti (G)  
Vegan Bolognese (SO,g) with Spaghetti (G)  
Baked Jackets with Grated Cheese (MK) or Baked Beans

**Served With**  
Peas & Broccoli

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

**Tuesday**

**Main Meals**  
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  
Squash & Lentil Lasagne (G,MK,e)  
Baked Jackets with Grated Cheese (MK) or Baked Beans

**Served With**  
Seasonal Greens & Cauliflower

**Dessert**  
Cherry Cornflake Cake (G,SU)

**Thursday**

**Main Meals**  
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) or Baked Beans

**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:**  
27<sup>th</sup> May, 17<sup>th</sup> June, 8<sup>th</sup> July, 2<sup>nd</sup> Sept, 23<sup>rd</sup> Sept, 14<sup>th</sup> Oct,  
4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> 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  
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)  
Vegan Tomato & Mixed Bean Sauce with Fusilli (G)  
Baked Jackets with Grated Cheese (MK) or Baked Beans

**Served With**  
Carrots & Broccoli

**Dessert**  
Mandarin Jelly

**Wednesday**

**Main Meals**  
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 Shortbread (G)

**Thursday**

**Main Meals**  
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:**  
3<sup>rd</sup> June, 24<sup>th</sup> June, 15<sup>th</sup> July, 9<sup>th</sup> Sept, 30<sup>th</sup> Sept, 21<sup>st</sup> Oct,  
11<sup>th</sup> Nov, 2<sup>nd</sup> Dec

Week 3

**Monday**

**Main Meals**  
Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)  
Vegan Roasted Ratatouille with Penne (G)  
Baked Jackets with Grated Cheese (MK) or Baked Beans

**Served With**  
Carrots & Broccoli

**Dessert**  
Orange Shortbread Biscuit (G)

**Tuesday**

**Main Meals**  
Mild Chicken & Vegetable Curry with Steamed Rice  
Vegan Burrito (G,SO)  
Pasta (G) & Tomato Sauce

**Served With**  
Sweetcorn & Coleslaw (E)

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

**Wednesday**

**Main Meals**  
Herby Roast Chicken with Roast Potatoes & Gravy  
3 Vegetable Mac n' Cheese (G,MK)  
Baked Jackets with Grated Cheese (MK) or Baked Beans

**Served With**  
Seasonal Greens & Broccoli

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

**Thursday**

**Main Meals**  
Traditional Beef Lasagne (G,MK,e)  
Vegan Chickpea & Spinach Korma with Steamed Rice  
Pasta (G) & Tomato Sauce

**Served With**  
Cauliflower & Carrots

**Dessert**  
Maryland Sultana Cookie (G,mk)

**Friday**

**Main Meals**  
Breaded Fish Fingers (G,F) with Chips & Ketchup  
Vegan Bubble & Squeak with Chips & Ketchup  
Baked Jackets with Grated Cheese (MK) or Baked Beans

**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:**  
10<sup>th</sup> June, 1<sup>st</sup> July, 22<sup>nd</sup> July, 16<sup>th</sup> Sept, 7<sup>th</sup> Oct, 28<sup>th</sup> Oct,  
18<sup>th</sup> Nov, 9<sup>th</sup> 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 IverVillage  
May 2024  
All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

