

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

Week 1

Monday

Main Meals
Roasted Vegetable & Lentil Loaf (G)
Vegan Bolognese (SO,g) with Spaghetti (G)
Baked Jackets with Grated Cheese (MK)

Served With
Peas & Broccoli

Dessert
Fruit & Yoghurt (SO,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 Baked Beans

Served With
Seasonal Greens & Cauliflower

Dessert
Fruit & Yoghurt (SO,MK)

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)

Served With
Peas & Baked Beans

Dessert
Fruit & Yoghurt (SO,MK)

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

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

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
Vegan Cottage Pie (SO,g)
Vegan Sausage (SO) with Mashed Potato & Gravy
Pasta (G) & Tomato Sauce

Served With
Sweetcorn & Baked Beans

Dessert
Fruit & Yoghurt (SO,MK)

Tuesday

Main Meals
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
Chicken & Beef Sausages 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
Fruit & Yoghurt (SO,MK)

Thursday

Main Meals
Country Chicken & Vegetable Pie Topped with Sweet Potato Mash
Vegan Caribbean Vegetable Curry (g) with Wraps (G)
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
Fruit & Yoghurt (SO,MK)

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
Vegan Vegetable Paella
Vegan Roasted Ratatouille with Penne (G)
Baked Jackets with Grated Cheese (MK)

Served With
Carrots & Broccoli

Dessert
Fruit & Yoghurt (SO,MK)

Tuesday

Main Meals
Fajita Spiced Turkey & Vegetables 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 Baked Beans

Served With
Seasonal Greens & Broccoli

Dessert
Fruit & Yoghurt (SO,MK)

Thursday

Main Meals
Caribbean Chicken Curry with Steamed Rice
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
Fruit & Yoghurt (SO,MK)

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 MFMMuswellHill
May 2024
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

