

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

Week 1

Monday	Main Meals	Mild Chicken & Vegetable Curry with Steamed Rice	Served With	Broccoli & Carrots
		Vegan Bean Chilli (SO) with Steamed Rice Pasta (G) & Tomato Sauce	Dessert	Fresh Fruit or Yoghurt (SO,MK)
Tuesday	Main Meals	BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges	Served With	Carrots & Sweetcorn
		Margherita Pizza (G,SO,MK,e) with Baked Wedges Pasta (G) & Tomato Sauce	Dessert	Fresh Fruit or Yoghurt (SO,MK)
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Served With	Seasonal Greens & Cauliflower
		Squash & Lentil Lasagne (G,MK,e) Baked Jackets with Baked Beans	Dessert	Fresh Fruit or Yoghurt (SO,MK)
Thursday	Main Meals	Beef Bolognese with Spaghetti (G)	Served With	Peas & Broccoli
		Vegan Bolognese (SO,g) with Spaghetti (G) Baked Jackets with Grated Cheese (MK)	Dessert	Chocolate & Pear Sponge (G,E)
Friday	Main Meals	Breaded Fish Fingers (G,F) with Chips & Ketchup	Served With	Peas & Baked Beans
		Vegan Goujons with Chips & Ketchup Baked Jackets with Grated Cheese (MK)	Dessert	Fresh Fruit or 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

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 or Yoghurt (SO,MK)

Week 2

Monday	Main Meals	Chicken & Sweetcorn Pasta (G,MK)	Served With	Carrots & Broccoli
		Vegan Tomato & Mixed Bean Sauce with Fusilli (G)	Dessert	Fresh Fruit or Yoghurt (SO,MK)
		Baked Jackets with Grated Cheese (MK)		
Tuesday	Main Meals	Chicken & Beef Sausage with Mashed Potato & Gravy	Served With	Sweetcorn & Baked Beans
		Vegan Sausage (SO) with Mashed Potato & Gravy Pasta (G) & Tomato Sauce	Dessert	Fresh Fruit or Yoghurt (SO,MK)
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Served With	Seasonal Greens & Peas
		Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO) Wholewheat Pasta (G) & Tomato Sauce	Dessert	Fresh Fruit or Yoghurt (SO,MK)
Thursday	Main Meals	Beef Keema with Turmeric Rice	Served With	Carrots & Sweetcorn
		Vegan Layered Vegetable & Sweet Potato Bake Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)	Dessert	Apple & Carrot Flapjack (G)
Friday	Main Meals	Breaded Fish Fingers (G,F) with Chips & Ketchup	Served With	Peas & Baked Beans
		Vegan Fajita Wrap (G) with Chips & Ketchup Pasta (G) & Tomato Sauce	Dessert	Fresh Fruit or 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



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

Monday	Main Meals	Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)	Served With	Carrots & Broccoli
		Vegan Roasted Ratatouille with Penne (G) Baked Jackets with Grated Cheese (MK)	Dessert	Fresh Fruit or Yoghurt (SO,MK)
Tuesday	Main Meals	Sweet & Sour Chicken (G,C) with Steamed Rice	Served With	Sweetcorn & Coleslaw (E)
		Vegan Burrito (G,SO) Pasta (G) & Tomato Sauce	Dessert	Fresh Fruit or Yoghurt (SO,MK)
Wednesday	Main Meals	Herby Roast Chicken with Roast Potatoes & Gravy	Served With	Seasonal Greens & Broccoli
		3 Vegetable Mac n' Cheese (G,MK) Baked Jackets with Baked Beans	Dessert	Fresh Fruit or Yoghurt (SO,MK)
Thursday	Main Meals	Traditional Beef Lasagne (G,MK,e)	Served With	Cauliflower & Carrots
		Vegan Chickpea & Spinach Korma with Steamed Rice Pasta (G) & Tomato Sauce	Dessert	Vanilla Ice Cream (MK)
Friday	Main Meals	Breaded Fish Fingers (G,F) with Chips & Ketchup	Served With	Peas & Baked Beans
		Vegan Bubble & Squeak with Chips & Ketchup Baked Jackets with Grated Cheese (MK)	Dessert	Fresh Fruit or 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 StJohnsStClements
May 2024

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD