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

Week 1

Monday

Main Meals
Baked Chicken & Beef Sausages with Crushed Potatoes & Gravy
Halal Baked Chicken & Beef Sausages with Crushed Potatoes & Gravy
3 Veg Macaroni Cheese (G,MK)
Pasta (G) with Tomato & Basil Sauce

Served With
Baked Beans & Peas

Dessert
Chocolate & Sweet Potato Brownie (G,E)

Tuesday

Main Meals
Beef & Bean Chilli with Steamed Rice
Halal Beef & Bean Chilli with Steamed Rice
Vegan Bean Chilli (SO) with Steamed Rice
Jacket Potato with Baked Beans

Served With
Sweetcorn & Broccoli

Dessert
Courgette & Oat Cookie (G)

Wednesday

Main Meals
Roast Chicken Fillets with Gravy
Halal Roast Chicken Fillets with Gravy
Vegan Squash, Sweet Potato & Bean Hot Pot
Pasta (G) with Tomato & Basil Sauce

Served With
Roast Potatoes, Seasonal Greens & Carrots

Dessert
Vanilla Ice Cream (MK)

Thursday

Main Meals
Beef & Vegetable Ragu with Penne Pasta (G)
Halal Beef & Vegetable Ragu with Penne Pasta (G)
Vegetable Chow Mein (G,E,SO)
Jacket Potato with Cheddar Cheese (MK)

Served With
Cauliflower & Roasted Carrots

Dessert
Apple & Parsnip Sponge (G,E)

Friday

Main Meals
Fish Fingers (G,F), Chips & Ketchup
Vegan Vegetable Fingers, Chips & Ketchup
Pasta (G) with Tomato & Basil Sauce

Served With
Baked Beans & Peas

Dessert
Fruit Jelly

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

Week 1: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul

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
Beef Bolognaise & Penne Pasta Bake (G,MK)
Halal Beef Bolognaise & Penne Pasta Bake (G,MK)
Vegan Bolognaise (SO,g) with Spaghetti (G)
Jacket Potato with Baked Beans

Served With
Cauliflower & Green Beans

Dessert
Maryland Cookie (G,mk)

Tuesday

Main Meals
Chicken Biryani (g) with Vegetable Dhal (g)
Halal Chicken Biryani (g) with Vegetable Dhal (g)
Vegan Cauliflower & Sweet Potato Coconut Curry with Steamed Rice
Pasta (G) with Squash & Tomato Sauce

Served With
Carrots & Peas

Dessert
Carrot & Apple Flapjack (G)

Wednesday

Main Meals
Roast Turkey with Gravy
Halal Roast Turkey with Gravy
Vegan Bombay Chickpea Burrito (G)
Pasta (G) with Squash & Tomato Sauce

Served With
Roast Potatoes,Seasonal Greens & Carrots

Dessert
Banana & Cinnamon Sponge (G,E)

Thursday

Main Meals
Curried Beef & Vegetables with Steamed Rice
Halal Curried Beef & Vegetables with Steamed Rice
Vegan Mexican Bean & Vegetable Savoury Rice
Jacket Potato with Cheddar Cheese (MK)

Served With
Broccoli & Sweetcorn

Dessert
Cherry Shortbread (G,SU)

Friday

Main Meals
Fish Fingers (G,F), Chips & Ketchup
Vegan Boston BBQ 3 Bean Stew with Baked Jackets
Pasta (G) with Squash & Tomato Sauce

Served With
Baked Beans & Peas

Dessert
Fruit Jelly

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

Week 2: 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr, 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul

Week 3

Monday

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) with Tomato & Vegetable Sauce

Served With
Classic Coleslaw (E) & Sweetcorn

Dessert
Cinnamon Apple Crumble (G) with Custard (MK)

Tuesday

Main Meals
Traditional Beef Lasagne (G,MK,e)
Halal Traditional Beef Lasagne (G,MK,e)
Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)
Jacket Potato with Baked Beans

Served With
Broccoli & Cauliflower

Dessert
Sultana & Oat Cookie (G)

Wednesday

Main Meals
Slow Roast Beef & Root Vegetables with Gravy
Halal Slow Roast Beef & Root Vegetables with Gravy
Vegan Country Vegetable & Bean Pie (G)
Pasta (G) with Tomato & Vegetable Sauce

Served With
Roast Potatoes, Seasonal Greens & Carrots

Dessert
Vanilla Ice Cream (MK)

Thursday

Main Meals
Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G)
Halal Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G)
Vegan Vegetable & Chickpea Ragu with Penne Pasta (G)
Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans

Served With
Cauliflower & Roasted Carrots

Dessert
Orange Drizzle Cake (G,E)

Friday

Main Meals
Fish Fingers (G,F), Chips & Ketchup
Mexican Roasted Vegetable & Bean Quesadilla (G)
Wholewheat Pasta (G) with Tomato & Vegetable Sauce

Served With
Baked Beans & Peas

Dessert
Chocolate & Courgette Rice Krispie Cake (G)

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

Week 3: 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr, 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul

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)

BM2HalaNonMontem
Jan 2025
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD