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

Week 1

Monday

Main Meals
Vegan Vegetable Dhal (g) with Steamed Rice

Vegan Bolognaise (SO,g) with Spaghetti (G)

Baked Jackets with Grated Cheese (MK)

Served With
Peas & Broccoli

Dessert
Fresh Fruit & Yoghurt (SO,MK)

Tuesday

Main Meals
Halal 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
Fresh Fruit & Yoghurt (SO,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
Fresh Fruit & Yoghurt (SO,MK)

Thursday

Main Meals
Vegan Caribbean Vegetable Curry (g) with Steamed Rice

Vegan Bean Chilli (SO) with Steamed Rice

Pasta (G) & Tomato Sauce

Served With
Broccoli & Carrots

Dessert
Fresh Fruit & Yoghurt (SO,MK)

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
Maryland Cookie (G,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, Yoghurt (SO,MK)

Week 2

Monday

Main Meals
Vegan Cottage Pie (SO,g) & Gravy

Vegan Burger in a Bun (G,se)

Pasta (G) & Tomato Sauce

Served With
Sweetcorn & Baked Beans

Dessert
Fresh Fruit & Yoghurt (SO,MK)

Tuesday

Main Meals
Halal Roast Chicken with Roast Potatoes & Gravy

Vegan Tomato & Mixed Bean Sauce with Fusilli (G)

Baked Jackets with Grated Cheese (MK)

Served With
Carrots & Broccoli

Dessert
Fresh Fruit & Yoghurt (SO,MK)

Wednesday

Main Meals
Chicken & Sweetcorn Pasta (G,MK)

Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)

Wholewheat Pasta (G) & Tomato Sauce

Served With
Seasonal Greens & Peas

Dessert
Fresh Fruit & Yoghurt (SO,MK)

Thursday

Main Meals
Vegetable Keema (SO,g) with Turmeric Rice

Vegan Layered Vegetable & Sweet Potato Bake

Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)

Served With
Carrots & Sweetcorn

Dessert
Fresh Fruit & Yoghurt (SO,MK)

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:
3rd June, 24th June, 15th July, 9th Sept, 30th Sept, 21st oct, 11th Nov, 2nd Dec

Week 3

Monday

Main Meals
Vegan Vegetable Biryani

Vegan Roasted Ratatouille with Penne (G)

Baked Jackets with Grated Cheese (MK)

Served With
Carrots & Broccoli

Dessert
Fresh Fruit & Yoghurt (SO,MK)

Tuesday

Main Meals
Halal Fajita Spiced Turkey & Vegetables with Steamed Rice

Vegan Burrito (G,SO)

Pasta (G) & Tomato Sauce

Served With
Sweetcorn & Coleslaw (E)

Dessert
Fresh Fruit & Yoghurt (SO,MK)

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
Fresh Fruit & Yoghurt (SO,MK)

Thursday

Main Meals
Roasted Vegetable & Lentil Loaf (G)

Vegan Chickpea & Spinach Korma with Steamed Rice

Pasta (G) & Tomato Sauce

Served With
Cauliflower & Carrots

Dessert
Fresh Fruit & Yoghurt (SO,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
Vanilla Ice Cream (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)

BM3 BlairPeach
May 2024
All products are subject to availability

pabulummmm
HONESTLY GOOD FOOD