

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

Week 1

**Monday**

**Main Meals**  
Vegan Vegetable Dhal (g) with Steamed Rice  
Vegan Bolognese (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:**  
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

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

## 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) & Gravy  
Vegan Sausage (SO) with Mashed Potato & Gravy  
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:**  
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**  
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:**  
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)

BM3 BlairPeach  
May 2024  
All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

