

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

New for September!

Cold lunches available for Years 3, 4, 5 & 6.

Children choosing the sandwich option can help themselves from the salad bar and then choose a delicious dessert from our dessert station.

Monday

## Main Meals

BBQ Chicken Pizza (G,MK)  
Halal BBQ Chicken Pizza (G,MK)  
Chick Pea & Vegetable Madras Curry with Rice **Ve**  
Jacket Potato with Baked Beans **Ve**

## Cold Sandwich - Years 3, 4, 5 & 6

Tuna Mayonnaise & Sweetcorn Baguette (G,F,E,so)

## To go with

Sweetcorn & Broccoli **Ve**

## Dessert

Banana Cake (G,E,mk) **V**  
Fruit Platter **Ve**

Tuesday

## Main Meals

Lamb Keema (g) with Rice  
Halal Lamb Keema (g) with Rice  
Macaroni & Cheese (G,MK) **V**  
Jacket Potato with Cheese (MK) **V**

## Cold Sandwich - Years 3, 4, 5 & 6

Egg & Cucumber Bloomer (G,E) **V**

## To go with

Cauliflower Florets & Green Beans **Ve**

## Dessert

Chocolate & Orange Cookie (G,mk) **V**  
Homemade Fruit Yoghurt (MK,SO) **V** Fruit Platter **Ve**

Wednesday

## Main Meals

Honey & Lemon Roast Chicken with Gravy  
Halal Honey & Lemon Roast Chicken with Gravy  
Roast Quorn Fillet (G) With Gravy **Ve**  
Pasta (G) with Roasted Tomato & Basil Sauce (g) **Ve**

## Cold Sandwich - Years 3, 4, 5 & 6

Cheese & Salad Sandwich (G,SO,MK) **V**

## To go with

Rosemary Roast Potatoes & Seasonal Greens **Ve**

## Dessert

Apple & Sultana Crumble (G) **Ve** with Custard (MK) **V**  
Fruit Platter **Ve**

Thursday

## Main Meals

Chicken Fajita with a Wrap (G)  
Halal Chicken Fajita with a Wrap (G)  
Vegan Vegetable Fajita (G,SO) with a Wrap (G) **Ve**  
Jacket Potato with Tuna Mayonnaise (F,E) or Coleslaw (E) **V**

## Cold Sandwich - Years 3, 4, 5 & 6

Roast Vegetable & Houmous Bloomer (G) **Ve**

## To go with

Sweetcorn & Iceberg Salad **Ve**

## Dessert

Lemon Drizzle Cake (G,E) **V**  
Homemade Fruit Yoghurt (MK,SO) **V** Fruit Platter **Ve**

Friday

## Main Meals

Fish Fingers (G,F) with Oven Baked Chips  
Vegetable Fingers (G) with Oven Baked Chips **Ve**  
Pasta (G) with Tomato Sauce (C) **Ve**

## Cold Sandwich - Years 3, 4, 5 & 6

Chicken Mayo Baguette (G,E,so)

## To go with

Peas & Baked Beans **Ve**

## Dessert

Fruit Burst Jelly **Ve**  
Homemade Fruit Yoghurt (MK,SO) **V** Fruit Platter **Ve**

**Freshly Baked Bread:** Tomato & Herb Bread (G,SO,MK,e) **V**  
Wholemeal Bread (G,SO,MK,e) **V**

29<sup>th</sup> August, 19<sup>th</sup> September, 10<sup>th</sup> October, 31<sup>st</sup> October, 21<sup>st</sup> November, 12<sup>th</sup> December, 16<sup>th</sup> January, 6<sup>th</sup> February

Monday

## Main Meals

Turkey & Sweet Potato Curry (MU) with Rice  
Halal Turkey & Sweet Potato Curry (MU) with Rice  
Roasted Tomato & Broccoli Pasta (G,MK) **V**  
Jacket Potato with Tuna Mayonnaise (F,E)

## Cold Sandwich - Years 3, 4, 5 & 6

Egg Mayo Sandwich (G,E,SO) **V**

## To go with

Carrots & Pan Fried Leeks **Ve**

## Dessert

Carrot Cake (G,E) **V**  
Fruit Platter **Ve**

Tuesday

## Main Meals

Chicken & Sweetcorn Mealballs in Tomato Sauce (g) with Spaghetti (G)  
Halal Chicken & Sweetcorn Mealballs in Tomato Sauce (g) with Spaghetti (G)  
Beetroot & Carrot Falafel Stuffed Pitta Pocket (G) **Ve**  
Wholegrain Pasta (G) with Tomato Sauce (C) **Ve**

## Cold Sandwich - Years 3, 4, 5 & 6

Tuna & Cucumber Bloomer (G,F,E)

## To go with

Steamed Peas & Roasted Vegetables (MU,C) **Ve**

## Dessert

Berry Topped Cheesecake (G,MK) **V**  
Homemade Fruit Yoghurt (MK,SO) **V**  
Fruit Platter **Ve**

Wednesday

## Main Meals

Paprika & Thyme Roast Chicken with Gravy  
Halal Paprika & Thyme Roast Chicken with Gravy  
Ratatouille & Pasta Bake (G,MK,C) **V**  
Jacket Potato with Baked Beans **Ve**

## Cold Sandwich - Years 3, 4, 5 & 6

Sweet Chilli Cheese & Spinach Wrap (G,MK) **V**

## To go with

Roast Potatoes & Broccoli **Ve**

## Dessert

Cherry & Chocolate Rice Krispie Cake (SU) **Ve**  
Fruit Platter **Ve**

Thursday

## Main Meals

Chicken Tikka Pizza (G,MK)  
Halal Chicken Tikka Pizza (G,MK)  
Vegan Chilli Con Carne (SO,C,g) with Rice **Ve**  
Jacket Potato with Grated Cheese (MK) **V**

## Cold Sandwich - Years 3, 4, 5 & 6

Chicken Mayo Baguette (G,E,so)

## To go with

Carrots & Chop House Salad **Ve**

## Dessert

Jam Sponge (G,E,SU) with Custard (MK) **V**  
Homemade Fruit Yoghurt (MK, SO) **V** Fruit Platter **Ve**

Friday

## Main Meals

Battered Fish (G,F) with Oven Baked Chips  
Vegetable & Bean Chimichangas (G,MK,C) with Oven Baked Chips **V**  
Pasta (G) with Cheese Sauce (G,MK) **V**

## Cold Sandwich - Years 3, 4, 5 & 6

Cheese & Tomato Bloomer (G,MK) **V**

## To go with

Baked Beans & Peas **Ve**

## Dessert

Maryland Sultana Cookie (G,mk) **V**  
Homemade Fruit Yoghurt (SO,MK) **V** Fruit Platter **Ve**

**Freshly Baked Bread:** Spinach & Beetroot Bread (G,SO,MK,e) **V**  
Wholemeal Bread (G,SO,MK,e) **V**

5<sup>th</sup> September, 26<sup>th</sup> September, 17<sup>th</sup> October, 7<sup>th</sup> November, 28<sup>th</sup> November, 6<sup>th</sup> January, 23<sup>rd</sup> January, 20<sup>th</sup> February

Monday

## Main Meals

Paprika Spiced Chicken & Sweetcorn Pizza (G,MK)  
Halal Paprika Paprika Spiced Chicken & Sweetcorn Pizza (G,MK)  
Margherita Pizza (G,MK) **V**  
Pasta (G) with Tomato Sauce (C) **Ve**

## Cold Sandwich - Years 3, 4, 5 & 6

Sweet Potato & Bean Wrap (G) **Ve**

## To go with

Sweetcorn **Ve** & Coleslaw (E) **V**

## Dessert

Carrot & Apple Flapjack (G) **Ve**  
Fruit Platter **Ve**

Tuesday

## Main Meals

Lamb Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e)  
Halal Lamb Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e)  
Vegetable Biryani (MU,g) with Lentil Dhal (g) **Ve**  
Jacket Potato with Salmon Mayonnaise (F,E) or Cheese (MK) **V**

## Cold Sandwich - Years 3, 4, 5 & 6

Roasted Vegetable & Houmous Baguette (G,so) **Ve**

## To go with

Carrots & Peas **Ve**

## Dessert

Chocolate Mousse (MK) **V**  
Homemade Fruit Yoghurt (MK,SO) **V** Fruit Platter **Ve**

Wednesday

## Main Meals

BBQ Roast Chicken with Gravy  
Halal BBQ Roast Chicken with Gravy  
Roasted Quorn Sausages (G) with Gravy **Ve**  
Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

## Cold Sandwich - Years 3, 4, 5 & 6

Cheese & Salad Wrap (G,MK) **V**

## To go with

Roast Potatoes & Seasonal Greens **Ve**

## Dessert

Sticky Ginger Cake (G,E,mk) **V**  
Fruit Platter **Ve**

Thursday

## Main Meals

Chicken & Vegetable Curry (MU) with Rice  
Halal Chicken & Vegetable Curry (MU) with Rice  
Vegan Bolognese (SO,g) with Penne Pasta (G) **Ve**  
Jacket Potato with Baked Beans **Ve**

## Cold Sandwich - Years 3, 4, 5 & 6

Tuna Mayo & Cucumber Bloomer (G,F,E)

## To go with

Sweetcorn & Broccoli **Ve**

## Dessert

Chocolate & Beetroot Brownie (G,E) **V**  
Homemade Fruit Yoghurt (MK,SO) **V** Fruit Platter **Ve**

Friday

## Main Meals

Fish Fingers (G,F) with Oven Baked Chips  
Spiced Squash & Potato Samosa (G) with Oven Baked Chips **Ve**  
Pasta (G) with Cheese Sauce (G,MK) **V**

## Cold Sandwich - Years 3, 4, 5 & 6

Egg Mayo Sandwich (G,E,SO) **V**

## To go with

Baked Beans & Peas **Ve**

## Dessert

Vanilla & Orange Shortbread (G) **Ve**  
Homemade Fruit Yoghurt (MK,SO) **V** Fruit Platter **Ve**

**Freshly Baked Bread:** Spiced Turmeric Bread (G,SO,MK,e) **V**  
Wholemeal Bread (G,SO,MK,e) **V**

12<sup>th</sup> September, 3<sup>rd</sup> October, 24<sup>th</sup> October, 14<sup>th</sup> November, 5<sup>th</sup> December, 9<sup>th</sup> January, 30<sup>th</sup> January, 27<sup>th</sup> February

**V** - Suitable for vegetarians  
**Ve** - Suitable for vegans & vegetarians  
All products are subject to availability.

**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)

**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.

September 2022  
BM3 Halal Non Barley Lane

**pabulummm**  
HONESTLY GOOD FOOD