

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**

1st September, 19th September, 10th October, 31st October, 21st November, 12th December, 16th January, 6th 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**

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

Monday

Main Meals
Paprika Spiced Chicken & Sweetcorn Pizza (G,MK)
Halal 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**

12th September, 3rd October, 24th October, 14th November, 5th December, 9th January, 30th January, 27th 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