

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

## Week 1

Monday

### Main Meals

BBQ Chicken Pizza (G,SO,MK,e)  
Halal BBQ Chicken Pizza (G,SO,MK,e)  
Margherita Pizza (G,SO,MK,e) **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 **Ve**  
**Dessert**  
Chocolate Rice Krispie Cake (G) **Ve**

Tuesday

### Main Meals

Lamb Bolognese (g) with Spaghetti (G)  
Halal Lamb Bolognese (g) with Spaghetti (G)  
Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**  
Jacket Potato with Cheese (MK) **Ve**  
**Cold Sandwich - Years 3, 4, 5 & 6**  
Egg Mayonnaise & Cucumber Bloomer (G,E) **Ve**

### To go with

Peas **Ve**  
**Dessert**  
Carrot Cake (G,E) **Ve**

Wednesday

### Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Halal Roast Chicken with Roast Potatoes & Gravy  
Macaroni & Cheese (G,MK) **Ve**  
Jacket Potato with Salmon Mayonnaise (E,F)  
**Cold Sandwich - Years 3, 4, 5 & 6**  
Cheese Salad Sandwich (G,SO,MK) **Ve**

### To go with

Seasonal Greens **Ve**  
**Dessert**  
Vanilla Ice Cream (MK) **Ve**

Thursday

### Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce & Rice  
Halal Chicken & Sweetcorn Meatballs with Tomato Sauce & Rice  
Vegetable & Bean Burrito (G,SO) **Ve**  
Pasta (G) with Roasted Tomato & Basil Sauce **Ve**  
**Cold Sandwich - Years 3, 4, 5 & 6**  
Roast Vegetable & Houmous Bloomer (G,SU) **Ve**

### To go with

Steamed Carrots **Ve**  
**Dessert**  
Maryland Cookie (G,mk) **Ve**

Friday

### Main Meals

Breaded Fish Fingers (G,F)  
Vegetable & Bean Chimichangas (G,MK,C) **Ve**  
Pasta (G) with Cheese Sauce (G,MK) **Ve**  
**Cold Sandwich - Years 3, 4, 5 & 6**  
Chicken Mayonnaise Baguette (G,E,so)

### To go with

Chips & Baked Beans **Ve**  
**Dessert**  
Chocolate & Courgette Sponge (G,E) **Ve**

**Freshly Baked Bread:** Pesto Bread (G,SO,MK,e) **Ve** Wholemeal Bread (G,SO,MK,e) **Ve**

Week 1:

20<sup>th</sup> February, 13<sup>th</sup> March, 3<sup>rd</sup> April, 24<sup>th</sup> April, 15<sup>th</sup> May, 5<sup>th</sup> June, 26<sup>th</sup> June, 17<sup>th</sup> July, 28<sup>th</sup> August, 18<sup>th</sup> September, 9<sup>th</sup> October

## Week 2

Monday

### Main Meals

Paprika Spiced Chicken & Sweetcorn Pizza (G,SO,MK,e)  
Halal Paprika Spiced Chicken & Sweetcorn Pizza (G,SO,MK,e)  
Vegetable Burger in a Bun (G,se) **Ve**  
Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) **Ve**

### To go with

Carrot Sticks **Ve**  
**Dessert**  
Lemon Drizzle Sponge (G,E) **Ve**

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

Egg Mayonnaise Sandwich (G,E,SO) **Ve**

Tuesday

### Main Meals

Lamb Lasagne (G,MK,e)  
Halal Lamb Lasagne (G,MK,e)  
Vegetable Fajita Wrap (G,SO) **Ve**  
Jacket Potato with Cheese (MK) **Ve**

### To go with

Sweetcorn **Ve**  
**Dessert**  
Flapjack (G) **Ve**

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

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

Wednesday

### Main Meals

Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy  
Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy  
Ratatouille Pasta Bake (G) **Ve**  
Jacket Potato with Baked Beans **Ve**

### To go with

Pan Fried Leeks **Ve**  
**Dessert**  
Orange Shortbread Biscuit (G) **Ve**

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

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

Thursday

### Main Meals

Chicken Tikka Masala (MU) & Rice  
Halal Chicken Tikka Masala (MU) & Rice  
Vegetable Pasanda (MU) with Rice **Ve**  
Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

### To go with

Broccoli **Ve**  
**Dessert**  
Apple Crumble (G) **Ve** with Custard (MK) **Ve**

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

Chicken Mayonnaise Baguette (G,E,so)

Friday

### Main Meals

Breaded Fish Fingers (G,F)  
Spiced Squash & Spinach Samosa (G) **Ve**  
Pasta (G) with Cheese Sauce (G,MK) **Ve**

### To go with

Chips & Baked Beans **Ve**  
**Dessert**  
Apple & Parsnip Cake (G,E) **Ve**

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

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

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

Week 2:

27<sup>th</sup> February, 20<sup>th</sup> March, 10<sup>th</sup> April, 1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 4<sup>th</sup> September, 25<sup>th</sup> September, 16<sup>th</sup> October

## Week 3

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

Chicken & Vegetable Pie (G) with Mashed Potato & Gravy  
Halal Chicken & Vegetable Pie (G) with Mashed Potato & Gravy  
Vegan Sausage (G) with Mashed Potato & Gravy **Ve**  
Pasta (G) with Cheese Sauce (G,MK) **Ve**

### To go with

Peas **Ve**

### Dessert

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

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

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

Tuesday

### Main Meals

Lamb Chilli (C,g) with Steamed Rice  
Halal Lamb Chilli (C,g) with Steamed Rice  
Vegetable Chilli (SO,C,g) with Steamed Rice **Ve**  
Jacket Potato with Cheese (MK) **Ve**

### To go with

Steamed Carrots **Ve**

### Dessert

Chocolate & Beetroot Brownie (G,E) **Ve**

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

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

Wednesday

### Main Meals

Sticky Glazed Chicken  
Halal Sticky Glazed Chicken  
Margherita Pizza (G,SO,MK,e) **Ve**  
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

### To go with

Spicy Potato Wedges **Ve** & Coleslaw (E) **Ve**

### Dessert

Cherry Cornflake Cake (G,SU) **Ve**

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

Cheese Salad Wrap (G,MK) **Ve**

Thursday

### Main Meals

Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)  
Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)  
Vegetable Pasta Bake (G,MK,C) **Ve**  
Jacket Potato with Baked Beans **Ve**

### To go with

Pan Fried Leeks **Ve**

### Dessert

Vanilla Ice Cream (MK) **Ve**

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

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

Friday

### Main Meals

Breaded Fish Fingers (G,F)  
Vegetable & Bean Stuffed Pitta Pocket (G) **Ve**  
Pasta (G) with Tomato & Lentil Sauce (C,g) **Ve**

### To go with

Chips & Baked Beans **Ve**

### Dessert

Chocolate Shortbread Biscuit (G) **Ve**

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

Egg Mayonnaise Sandwich (G,E,SO) **Ve**

**Freshly Baked Bread:** Garlic & Rosemary Bread (G,SO,MK,e) **Ve** Wholemeal Bread (G,SO,MK,e) **Ve**

Week 3:

6<sup>th</sup> March, 27<sup>th</sup> March, 17<sup>th</sup> April, 8<sup>th</sup> May, 29<sup>th</sup> May, 19<sup>th</sup> June, 10<sup>th</sup> July, 11<sup>th</sup> September, 2<sup>nd</sup> October

### 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 **Ve**, Yoghurt (SO,MK) **Ve** or Jelly **Ve**



**V** - Suitable for vegetarians  
**Ve** - Suitable for vegans & vegetarians  
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 Halal Non Barley Lane  
February 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD