

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

Week 1

Monday

Main Meals

BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges
Halal BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges
Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V
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) V

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) V

Cold Sandwich - Years 3, 4, 5 & 6

Egg Mayonnaise & Cucumber Bloomer (G,E) V

To go with

Peas Ve

Dessert

Carrot Cake (G,E) V

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Halal Roast Chicken with Roast Potatoes & Gravy
Macaroni & Cheese (G,MK) V
Jacket Potato with Salmon Mayonnaise (E,F)

Cold Sandwich - Years 3, 4, 5 & 6

Cheese Salad Sandwich (G,SO,MK) V

To go with

Seasonal Greens Ve

Dessert

Vanilla Ice Cream (MK) V

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) V

Friday

Main Meals

Breaded Fish Fingers (G,F)
Vegetable & Bean Chimichangas (G,MK,C) V
Pasta (G) with Cheese Sauce (G,MK) V

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) V

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

Week 1:

20th February, 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 28th August, 18th September, 9th 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) V or Jelly Ve

Week 2

Monday

Main Meals

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

Cold Sandwich - Years 3, 4, 5 & 6

Egg Mayonnaise Sandwich (G,E,SO) V

To go with

Carrot Sticks Ve

Dessert

Lemon Drizzle Sponge (G,E) V

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) V

Cold Sandwich - Years 3, 4, 5 & 6

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

To go with

Sweetcorn Ve

Dessert

Flapjack (G) Ve

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

Cold Sandwich - Years 3, 4, 5 & 6

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

To go with

Pan Fried Leeks Ve

Dessert

Orange Shortbread Biscuit (G) 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

Cold Sandwich - Years 3, 4, 5 & 6

Chicken Mayonnaise Baguette (G,E,so)

To go with

Broccoli Ve

Dessert

Apple Crumble (G) Ve with Custard (MK) V

Friday

Main Meals

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

Cold Sandwich - Years 3, 4, 5 & 6

Cheese & Tomato Bloomer (G,MK) V

To go with

Chips & Baked Beans Ve

Dessert

Apple & Parsnip Cake (G,E) V

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

Week 2:

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



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.

Week 3

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) V

Cold Sandwich - Years 3, 4, 5 & 6

Sweet Potato & Bean Wrap (G) Ve

To go with

Peas Ve

Dessert

Carrot & Apple Flapjack (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) V

Cold Sandwich - Years 3, 4, 5 & 6

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

To go with

Steamed Carrots Ve

Dessert

Chocolate & Beetroot Brownie (G,E) V

Wednesday

Main Meals

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

Cold Sandwich - Years 3, 4, 5 & 6

Cheese Salad Wrap (G,MK) V

To go with

Spicy Potato Wedges Ve & Coleslaw (E) V

Dessert

Cherry Cornflake Cake (G,SU) V

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) V
Jacket Potato with Baked Beans Ve

Cold Sandwich - Years 3, 4, 5 & 6

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

To go with

Pan Fried Leeks Ve

Dessert

Vanilla Ice Cream (MK) V

Friday

Main Meals

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

Cold Sandwich - Years 3, 4, 5 & 6

Egg Mayonnaise Sandwich (G,E,SO) V

To go with

Chips & Baked Beans Ve

Dessert

Chocolate Shortbread Biscuit (G) Ve

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

Week 3:

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

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