

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

Monday

- Main Meals**
 Vegetable Moussaka (G,SO,MK) **V**
 Tex Mex Vegetarian Sausage Hot Pot (G,E,MK) **V**
 Pasta (G) with Cheese Sauce (G,MK) **V**

- Vegetables**
 Sweetcorn & Peas **Ve**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Tuesday

- Main Meals**
 Halal Turkey & Vegetable Curry (MU) with Steamed Rice
 Sweet Potato & Vegetable Curry (C) with Steamed Rice **Ve**
 Jacket Potato with Baked Beans **Ve**

- Vegetables**
 Cauliflower & Green Beans **Ve**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Wednesday

- Main Meals**
 Roast Chicken with Roast Potatoes & Gravy
 BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy **Ve**
 Wholegrain Pasta (G) with Tomato Sauce (C) **Ve**

- Vegetables**
 Seasonal Greens & Carrots **Ve**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Thursday

- Main Meals**
 Cauliflower and Lentil Dhal (g) with Steamed Rice **Ve**
 Homemade Vegan Burger (g) in a Bun (G,se) **Ve**
 Jacket Potato with Cheese (MK) **V**

- Vegetables**
 Broccoli & Sweetcorn **Ve**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Friday

- Main Meals**
 Fish Fingers (G,F) with Oven Baked Chips
 Vegetable Burrito Wrap (G,SO) **Ve**
 Pasta (G) with Tomato Sauce (C) **Ve**

- Vegetables**
 Peas & Baked Beans **Ve**
- Dessert**
 Maryland Cookie (G,mk) **V** Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

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

Week 1:
 29th August, 19th September, 10th October, 31st October, 21st November, 12th December, 2nd January, 23rd January, 13th February

Monday

- Main Meals**
 Margherita Pizza (G,MK) **V**
 Thai Vegetable Green Curry (C) with Steamed Rice **Ve**
 Jacket Potato with Tuna Mayonnaise (F,E)

- Vegetables**
 Sweetcorn **Ve** & Coleslaw (E) **V**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Tuesday

- Main Meals**
 Halal Roast Chicken with Roast Potatoes & Gravy
 Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy **V**
 Pasta (G) with Cheese Sauce (G,MK) **V**

- Vegetables**
 Seasonal Greens & Carrots **Ve**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Wednesday

- Main Meals**
 Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)
 Sweet & Sour Vegetables (G,C) with Steamed Rice **Ve**
 Wholegrain Pasta (G) with Tomato Sauce (C) **Ve**

- Vegetables**
 Cauliflower & Peas **Ve**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Thursday

- Main Meals**
 Vegetable Lasagne (G,MK,e) **V**
 Vegan Chilli Con Carne (SO,C,g) with Rice **Ve**
 Jacket Potato with Baked Beans **Ve**

- Vegetables**
 Broccoli & Sweetcorn **Ve**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Friday

- Main Meals**
 Battered Fish (G,F) with Oven Baked Chips
 Vegetable Goujon with Oven Baked Chips **Ve**
 Pasta (G) with Roasted Tomato Sauce **Ve**

- Vegetables**
 Baked Beans & Peas **Ve**
- Dessert**
 Vanilla Ice Cream (MK) with Peach Compote **V**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Freshly Baked Bread:
 Carrot & Thyme Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 2:
 5th September, 26th September, 17th October, 7th November, 28th November, 19th December, 9th January, 30th January, 20th February

Monday

- Main Meals**
 Vegan Pie topped with Sliced Sweet Potato (SO,g) **Ve**
 Macaroni & Cheese (G,MK) **V**
 Jacket Potato with Baked Beans **Ve**

- Vegetables**
 Peas & Carrots **Ve**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Tuesday

- Main Meals**
 Halal Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)
 Vegetable Jambalaya (g) **Ve**
 Jacket Potato with Salmon Mayonnaise (F,E)

- Vegetables**
 Cauliflower & Broccoli **Ve**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Wednesday

- Main Meals**
 Thyme Roast Chicken Breast with Roast Potatoes & Gravy
 Roasted Ratatouille with Crumble (G) **Ve**
 Wholegrain Pasta (G) with Cheese Sauce (G,MK) **V**

- Vegetables**
 Seasonal Greens & Mashed Swede **Ve**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Thursday

- Main Meals**
 Vegetable and Chick Pea Curry with Steamed Rice **Ve**
 Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**
 Jacket Potato with Baked Beans **Ve**

- Vegetables**
 Sweetcorn **Ve** & Coleslaw (E) **V**
- Dessert**
 Homemade Fruit Yoghurt (MK,SO) **V**,
 Fruit Platter **Ve**

Friday

- Main Meals**
 Fish Fingers (G,F) with Oven Baked Chips
 BBQ Vegetable Quesadilla (G,MK) **V**
 Pasta (G) with Tomato Sauce (C) **Ve**

- Vegetables**
 Baked Beans & Peas **Ve**
- Dessert**
 Strawberry Mousse (MK) **V**
 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**

Week 3:
 12th September, 3rd October, 24th October, 14th November, 5th December, 26th December, 16th January, 6th February, 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.

BM3 Halal Non Blair Peach September 2022