

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

Week 1

Monday	Main Meals	Pesto & Pea Pasta (G,MK) V	Vegetables	Sweetcorn Ve	
		Margherita Pizza (G,SO,MK,e) V		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Jacket Potato with Baked Beans Ve			
Tuesday	Main Meals	Halal Lamb Bolognese (g) with Spaghetti (G)	Vegetables	Peas Ve	
		Vegan Bolognese (SO,g) with Spaghetti (G) Ve		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Jacket Potato with Cheese (MK) V			
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Vegetables	Seasonal Greens Ve	
		Macaroni & Cheese (G,MK) V		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Jacket Potato with Salmon Mayonnaise (E,F)			
Thursday	Main Meals	Vegetable Jambalaya (g) Ve	Vegetables	Steamed Carrots Ve	
		Vegetable & Bean Burrito (G,SO) Ve		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Pasta (G) with Roasted Tomato & Basil Sauce Ve			
Friday	Main Meals	Breaded Fish Fingers (G,F)	Vegetables	Chips & Baked Beans Ve	
		Vegetable & Bean Chimichangas (G,MK,C) V		Dessert	Maryland Cookie (G,mk) V
		Pasta (G) with Cheese Sauce (G,MK) 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.

Week 2

Monday	Main Meals	Sweet & Sour Vegetables (G,SO,C) with Steamed Rice Ve	Vegetables	Carrot Sticks Ve	
		Vegetable Burger (G) in a Bun (G,se) Ve		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve			
Tuesday	Main Meals	Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	Vegetables	Sweetcorn Ve	
		Vegetable Fajita Wrap (G,SO) Ve		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Jacket Potato with Cheese (MK) V			
Wednesday	Main Meals	Lamb Lasagne (G,MK,e)	Vegetables	Pan Fried Leeks Ve	
		Ratatouille Pasta Bake (G) Ve		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Jacket Potato with Baked Beans Ve			
Thursday	Main Meals	Tex Mex Vegetarian Sausage Hot Pot (G) Ve	Vegetables	Broccoli Ve	
		Vegetable Pasanda (MU) with Rice Ve		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Pasta (G) with Tomato & Vegetable Sauce (g) Ve			
Friday	Main Meals	Breaded Fish Fingers (G,F)	Vegetables	Chips & Baked Beans Ve	
		Spiced Squash & Spinach Samosa (G) Ve		Dessert	Vanilla Ice Cream (MK) V
		Pasta (G) with Cheese Sauce (G,MK) 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

Made Fresh Every Day

All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

Week 3

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians

Monday	Main Meals	Cauliflower & Cheese Bake (G,MK) with Mashed Potato & Gravy V	Vegetables	Peas Ve	
		Vegan Sausages (G) with Mashed Potato & Gravy Ve		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Pasta (G) with Tomato & Vegetable Sauce (g) Ve			
Tuesday	Main Meals	Halal Lamb Chilli (C,g) with Steamed Rice	Vegetables	Steamed Carrots Ve	
		Vegetable Chilli (SO,C,g) with Steamed Rice Ve		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Jacket Potato with Cheese (MK) V			
Wednesday	Main Meals	Sticky Glazed Chicken	Vegetables	Spicy Potato Wedges Ve & Coleslaw (E) V	
		Margherita Pizza (G,SO,MK,e) V		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Pasta (G) with Tomato & Basil Sauce (g) Ve			
Thursday	Main Meals	Sweet Potato & Vegetable Curry (C) with Steamed Rice Ve	Vegetables	Pan Fried Leeks Ve	
		Vegetable Pasta Bake (G,MK,C) V		Dessert	Fresh Fruit Ve & Homemade Yoghurt (SO,MK) V
		Jacket Potato with Baked Beans Ve			
Friday	Main Meals	Breaded Fish Fingers (G,F)	Vegetables	Chips & Baked Beans Ve	
		Vegetable & Bean Stuffed Pitta Pocket (G) Ve		Dessert	Shortbread Biscuit (G) Ve
		Pasta (G) with Tomato & Lentil Sauce (C,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

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
Blair Peach
February 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD