

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

Week 1

Monday	Main Meals	Spinach & Pepper Pizza (G,SO,MK,e) V	Vegetables	Sweetcorn Ve
		Margherita Pizza (G,SO,MK,e) V	Dessert	Chocolate Rice Krispie Cake (G) V
		Jacket Potato with Baked Beans Ve		
Tuesday	Main Meals	Lamb & Potato Keema (g) with Yellow Rice	Vegetables	Peas Ve
		Halal Lamb & Potato Keema (g) with Yellow Rice	Dessert	Carrot Cake (G,E) V
		Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve		
		Pasta (G) with Roasted Tomato & Basil Sauce Ve		
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Vegetables	Seasonal Greens Ve
		Halal Roast Chicken with Roast Potatoes & Gravy	Dessert	Vanilla Ice Cream (MK) V
		Macaroni & Cheese (G,MK) V		
		Jacket Potato with Salmon Mayonnaise (E,F)		
Thursday	Main Meals	Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)	Vegetables	Steamed Carrots Ve
		Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)	Dessert	Maryland Cookie (G,mk) V
		Vegetable Pasta Bake (G,MK,C) V		
		Jacket Potato with Cheese (MK) V		
Friday	Main Meals	Breaded Fish Fingers (G,F)	Vegetables	Chips & Baked Beans Ve
		Vegetable & Bean Chimichangas (G,MK,C) V	Dessert	Chocolate & Courgette Sponge (G,E) 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.

Available Every Day:
Fresh Fruit Ve, Yoghurt (SO,MK) V or Jelly Ve

Week 2

Monday	Main Meals	Chicken Burger in a Bun (G,se)	Vegetables	Carrot Sticks Ve
		Halal Chicken Burger in a Bun (G,se)	Dessert	Lemon Drizzle Sponge (G,E) V
		Vegetable Burger in a Bun (G,se) Ve		
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve		
Tuesday	Main Meals	Lamb Lasagne (G,MK,e)	Vegetables	Sweetcorn Ve
		Halal Lamb Lasagne (G,MK,e)	Dessert	Flapjack (G) Ve
		Chunky Vegetable Dhal (C,g) with Rice Ve		
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	Vegetables	Broccoli Ve
		Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	Dessert	Orange Shortbread Biscuit (G) Ve
		Ratatouille Pasta Bake (G) Ve		
		Jacket Potato with Baked Beans Ve		
Thursday	Main Meals	Chicken Biryani (MU,g)	Vegetables	Peas Ve
		Halal Chicken Biryani (MU,g)	Dessert	Apple Crumble (G) Ve with Custard (MK) V
		Vegetable Biryani (MU,g) Ve		
		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	Apple & Parsnip Cake (G,E) 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	Chicken & Vegetable Pie (G) with Mashed Potato & Gravy	Vegetables	Peas Ve
		Halal Chicken & Vegetable Pie (G) with Mashed Potato & Gravy	Dessert	Apple & Carrot Flapjack (G) Ve
		Vegan Sausages (G) with Mashed Potato & Gravy Ve		
		Pasta (G) with Cheese Sauce (G,MK) V		
Tuesday	Main Meals	Lamb Bolognese (g) with Spaghetti (G)	Vegetables	Steamed Carrots Ve
		Halal Lamb Bolognese (g) with Spaghetti (G)	Dessert	Chocolate & Beetroot Brownie (G,E) V
		Vegan Bolognese (SO,g) with Spaghetti (G) Ve		
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Sticky Glazed Chicken	Vegetables	Spicy Potato Wedges Ve & Coleslaw (E) V
		Halal Sticky Glazed Chicken	Dessert	Cherry Cornflake Cake (G,SU) V
		Margherita Pizza (G,SO,MK,e) V		
		Pasta (G) with Tomato & Basil Sauce (g) Ve		
Thursday	Main Meals	Chicken Tikka Masala (MU) & Rice	Vegetables	Sweetcorn Ve
		Halal Chicken Tikka Masala (MU) & Rice	Dessert	Vanilla Ice Cream (MK) V
		Vegetable Pasanda (MU) with Rice Ve		
		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	Chocolate 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 Cranford
February 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD